

MOSS Residential Program Sample Menu

Allergies & Dietary Restrictions: Our food service is free of peanuts and tree nuts. We regularly accommodate vegetarian, gluten-free, dairy-free, egg-free, and soy-free diets. Please include allergy and dietary information in your MOSS registration. Contact Food Systems & Sustainability Manager, Betsy Booth at bbooth@uidaho.edu, to discuss any special dietary needs.

*contains gluten ¹contains soy ²contains eggs ³contains dairy

MONDAY		
		<u>Dinner</u> Idaho Potato Bar w/ Baked Yukon Gold Potatoes Veggie Chili Variety of Toppings Salad Bar
TUESDAY		
<u>Breakfast</u> Scrambled Eggs w/ Diced Ham ² Homestyle Potatoes Fruit & Yogurt Bar	<u>Field Lunch</u> See below	<u>Dinner</u> Homemade Mac & Cheese* ³ Green Peas Salad Bar
WEDNESDAY		
<u>Breakfast</u> Pumpkin Coffee Cake* ³ Pork Sausage Links Fruit & Yogurt Bar	<u>Field Lunch</u> See below	<u>Dinner</u> Pulled Pork with BBQ Sauce Mashed Potatoes ³ Sweet Corn Salad Bar
THURSDAY		
<u>Breakfast</u> Pear Craisin Oatmeal Bake ^{2 3} Bacon Fruit & Yogurt Bar	<u>Field Lunch</u> See below	<u>Dinner</u> Baked Chicken Roasted Vegetables, Rice Salad Bar
FRIDAY		
<u>Breakfast</u> Spinach Sausage Frittata ^{2 3} Fruit & Yogurt Bar	<u>Field Lunch</u> See below	

Fruit & Yogurt Bar

Alongside the hot breakfast options, we always offer a fruit and yogurt bar, which may include:

- Raisins
- Pineapple
- Shredded Coconut
- Craisins
- Vanilla Greek Yogurt³
- Red Grapes
- Peaches
- Berry Greek Yogurt³
- Blueberries
- Pears
- Cottage Cheese³
- Homemade Granola
- Mandarin Oranges
- Applesauce

We also offer four cold cereals (Cheerios, Rice Krispies, Corn Flakes, and Raisin Bran*), instant plain oatmeal, whole milk³, coconut milk, oat milk, and orange juice. Granola is gf/df/ef/sf and contains no nuts or peanuts.

Field Lunch

During breakfast period, students and adults pack a sack lunch to take into the field. Typical offerings include:

- Whole wheat bread*
- Hard-boiled eggs²
- Deli ham and turkey
- Dill pickles
- Mayo² and mustard
- Cheese sticks³
- Sunflower Seed Butter
- Pretzels*
- Berry jam
- Goldfish crackers*
- Cheddar and provolone cheese³
- Freshly baked cookies*
- Sliced veggies-carrots, celery, cukes
- Seasonal fruit
- Hummus

Salad Bar

Alongside the hot dinner options, we always offer a full salad bar, which includes a selection of the following:

- Peas
- Albacore Tuna
- Black olives
- Green beans
- Bell peppers
- Red cabbage
- Artichoke hearts
- Sunflower seeds
- Broccoli florets
- Pickled beets
- Edamame¹
- Shredded cheese³
- Kidney beans
- Raisins
- Mushrooms
- Black beans
- Craisins
- Cucumbers
- Garbanzo beans
- Cottage cheese³
- Cherry tomatoes
- Baby Corn
- Hard-boiled eggs²
- Spinach
- Snap peas
- Shredded carrots

Dressings may include Buttermilk Ranch^{2 3}, Balsamic Vinaigrette, Honey Mustard, Thousand Island, Olive Oil and Balsamic Vinegar.