This is a Sample Menu
For Outdoor School
Camp Ramah Weekly Menu

Day	*Breakfast - 8am*	*Lunch - 12pm*	*Dinner - 5:30pm*
Day 1		Students need to bring their own sack lunch for today. 2:30pm Snack: Whole Fruit, Granola Bars, Water	Beef Stir Fry Tofu Stir Fry (Vegan) Fried Rice (GF, Vegan) Fruit Salad Salad Bar Dessert - Brownies GF Brownies
Day 2	Pancakes GF Pancakes Scrambled Eggs Tofu Scramble Home Fries Sausage Yogurt Bar DF Yogurt Cereal Bar Fresh Fruit Orange Juice	Quesadillas (GF/DF avail) Spanish Rice Pinto Beans Chips and Salsa Sour Cream Fruit Salad Salad Bar 2:30pm Snack: Whole Fruit, Granola Bars, Water	Spaghetti / GF Penne Marinara Sauce Garlic Bread / GF Bread Crudite w/Ranch Seasonal Veggies Salad Bar Fruit Salad Dessert - Ice Cream DF Ice Cream
Day 3	French Toast GF French Toast Hard Boiled Eggs Tofu Scramble Hash Browns Yogurt DF Yogurt Cereal Bar Fresh Fruit Orange Juice	Cheese Pizza (GF & DF avail) Crudite w/Ranch Mixed Vegetables Salad Bar Fruit Salad 2:30pm Snack: Whole Fruit, Granola Bars, Water	Chicken Nuggets GF / Vegan Nuggets French Fries Mixed Vegetables Fruit Salad Salad Bar Dessert - Cookies GF Cookies
Day 4	Scrambled Eggs Tofu Scramble Breakfast Potatoes Sausage (Veg) Toast/English Muffin GF Toast Yogurt / DF Yogurt Cereal Bar Fresh Fruit Orange Juice		

Please note:

- There will be Vegetarian, Vegan, and Gluten-Free options available for each meal.
    - Please notify your classroom teacher if you need any of these choices, so we know how many to have available.
- This is a sample menu only. Supply problems and other issues may cause a change in the menu without notice.