~~~~**4-H EXPLORATION DAYS MENU-Sample**

**KEY TO MENU SYMBOLS**

**M** Meatless - Does not include Fish, but does include Cheese & Eggs.

**N** Contains Nuts

G Gluten Free

**B** MSU Bakers Product Required

**FS** Food Stores Bakery Products

# BREAKFAST – early arrivals only\*

**\*Far distance groups can make arrangements to arrive on Tues. night so they don’t have to travel at night to arrive for check-in.**

 Scrambled Eggs (M,G)

 Scrambled Eggs with Cheese (M,G)

 Hard Cooked Eggs (M,G)

 French Toast Sticks (M,FS)

 Grilled Ham (G)

 Cheese and Onion Hashbrowns (M,G)

 Apple Cinnamon Oatmeal

 Assorted Donuts and Sweet Rolls (B)

 Assorted Muffins (FS)

 Danish

 Assorted Cereals

 Assorted Breads (include gluten free)

 Syrup PCs, Sugar Free Syrup

 Peanut Butter PCs, Jelly, Whipped Butter,

 Margarine, Butter Substitutes

 Soy and Gluten Free Products Available

# DINNER

 BBQ Chicken

 Grilled Chicken Breast (G)

 Roasted Redskin Potatoes (V,G)

 Steamed Corn (V,G)

 Penne with Meatsauce

 Cheese Tortellini Alfredo (M)

 Sautéed Zucchini and Summer Squash (V,G)

 Cheese Stuffed Breadsticks (M,FS)

 Hot Dogs (FS)

 Hamburger (FS)

 French Fries (M)

Condiments: Parmesan Cheese, Lettuce, Tomato, Pickles, Onions, Ketchup, Mustard, Mayo, Miracle Whip, American Cheese Slices

From Salads:

 Jello

 Fresh Side Salad

 Fresh Fruit

 Yogurt and Cottage Cheese

Desserts

 Sugar Cookies

 Chocolate Cake with Chocolate Frosting

 Zinger Cake

 Soft Serve Ice Cream

 Ice Cream Novelties

# LUNCH

 Broccoli Cheddar Soup (M)

 Hamburger (FS)

 Hot Dogs (FS)

 BBQ Pulled Pork Sandwich (FS)

 French Fries (M)

 Mac and Cheese (M)

 Sweet and Sour Chicken

 Sweet and Sour Vegetables (M)

 Steamed Rice (V,G)

 Steamed Fresh Green Beans (V,G)

Condiments: Diced Onion, Shredded Cheese, Soy Sauces, Rice or Chow Mein Noodles, Lettuce, Tomato, Pickles, Onions, Ketchup, Mustard, Mayo, Miracle Whip, American Cheese Slices

From Salads:

 Chicken Caesar Wrap (FS)

 Jello

 Fresh Side Salad

 Fresh Fruit

 Yogurt and Cottage Cheese

Desserts

 Chocolate Chip Cookies

 Blueberry Pie

 Apple Pie

 Soft Serve Ice Cream

 Ice Cream Novelties

# DINNER

 Lasagna (HSP!!!)

 Stuffed Shells with Italian Sauce (M)

 Garlic Bread (M,B)

 BBQ Glazed Fresh Salmon (3 oz. portions!!)

 Parsley Buttered Potatoes (M,G)

 Ranch Roasted Carrots (M,G)

 Hamburger (FS)

 Cheeseburger (FS)

 Hot Dogs (FS)

 French Fries (M)

 Steamed Broccoli (V,G)

Condiments: Tartar Sauce, Lemon Wedges, Parmesan Cheese, Lettuce, Tomato, Pickles, Onions, Ketchup, Mustard, Mayo, Miracle Whip, American Cheese Slices

From Salads:

 Jello

 Fresh Side Salad

 Fresh Fruit

 Yogurt and Cottage Cheese

Desserts

Chocolate Chip Cookies

 Chocolate Brownies

 Cheese Pie with Fruit Topping

 Soft Serve Ice Cream

 Ice Cream Novelties

# BREAKFAST

Scrambled Eggs (M,G)

 Hard Cooked Eggs (M,G)

Western Scramble (G)

 Waffles (M,FS)

 Sausage Patties (G)

 Home Fried Potatoes (V,G)

 Cranberry Spice Oatmeal (M)

 Fried Cake/Donuts

 Assorted Muffins (FS)

 Assorted Cereals

 Assorted Breads (include gluten free)

 Syrup PCs, Sugar Free Syrup

 Peanut Butter PCs, Jelly, Whipped Butter,

 Margarine, Butter Substitutes

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# LUNCH

 Cream of Tomato Soup (M)

 Grilled Cheese Sandwich (M,FS)

Grilled Ham and Cheese Sandwich (FS)

 Chicken Tenders

 Buffalo Chicken Strips

 Hot Dogs (FS)

 Hamburger (FS)

 French Fries (M)

 Lemon Pepper Baked Cod (G)

 Cauliflower and Carrots (V,G)

 Fresh Asparagus (V,G)

 Long Grain and Wild Rice Blend

Condiments: Mustard, Sweet and Sour Sauce, BBQ Sauce, Ranch, Honey Mustard, Tartar Sauce, Lemon Wedges, Lettuce, Tomato, Pickles, Onions, Ketchup, Mustard, Mayo, Miracle Whip, American Cheese Slices

From Salads:

 Jello

 Fresh Side Salad

 Fresh Fruit

 Yogurt and Cottage Cheese

Desserts

 M&M Cookies

 Snickerdoodle Cake

 Orange Poke Cake

 Soft Serve Ice Cream

 Ice Cream Novelties

# LUNCH

 Homestyle Chicken Noodle Soup

 Club Wrap with Ham, Bacon and Turkey (FS)

 (Use OH bacon from Wednesday breakfast)

 Vegetable and Hummus Wrap (M)

 **WRAPS SERVED FROM SALAD BARS**

 Hot Dogs (FS)

 Hamburgers (FS)

 Fried Onion Petals (M)

 Beef Burrito (FS)

 Chicken Chimichanga (FS)

 Bean and Rice Enchiladas (M)

 Spanish Rice (M,G)

 Steamed Corn (V,G)

 Refried Beans (V,G)

Condiments: Salsa, sour cream, shredded lettuce, diced onions, sliced black olives, jalapenos, guacamole, Lettuce, Tomato, Pickles, Onions, Ketchup, Mustard, Mayo, Miracle Whip, American Cheese Slices

From Salads:

 Jello

 Fresh Side Salad

 Fresh Fruit

 Yogurt and Cottage Cheese

Desserts

 Chocolate Chip Cookies

 7-Up Pound Cake with Strawberries and Whipped Topping

 Soft Serve Ice Cream

 Ice Cream Novelties

# BREAKFAST

 Scrambled Eggs (M,G)

 Scrambled Eggs with Cheese (M,G)

 Hard Cooked Eggs (M,G)

Sausage Links (G)

 Pancakes (M)

 Hashbrown Patties (M)

 Peaches and Cream Oatmeal (M)

 Fried Cakes/Donuts

 Assorted Muffins (FS)

 Danish (FS)

 Assorted Cereals

 Assorted Breads (include gluten free)

 Syrup PCs, Sugar Free Syrup

 Peanut Butter PCs, Jelly, Whipped Butter,

 Margarine, Butter Substitutes

 Soy and Gluten Free Products Available