~~~~**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

Soy and Gluten Free Products Available

# 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