

# MOSS SAMPLE MENU

	BREAKFAST	LUNCH	DINNER	DESSERT
MONDAY			SALAD SPAGHETTI GARLIC BREAD MILK	CHOCOLATE CHOCOLATE CHIP COOKIES
TUESDAY	OATMEAL COLD CEREAL DRIED FRUIT & NUTS BANANAS YOGURT MILK	SUNFLOWER BUTTER & JELLY SANDWICHES TRAIL MIX VEGGIE STIX COOKIES FRUIT	TACOS WITH ALL THE FIXIN'S BEANS & RICE MILK	FRUIT PLATE
WEDNESDAY	ORANGE JUICE SCRAMBLED EGGS CHEESE BISCUIT HOME FRIES MELON	HAM AND CHEESE SANDWICHES TRAIL MIX VEGGIE STIX COOKIES FRUIT	CHICKEN SAUSAGE POLENTA STEAMED VEGGIES	ICE CREAM SAMMIES
THURSDAY	BAGELS & SAUSAGES CREAM CHEESE COLD CEREAL HOT APPLE CIDER BANANAS MILK	TURKEY AND CHEESE WRAPS TRAIL MIX VEGGIE STIX COOKIES FRUIT	BAKED CHICKEN POTATOES VEGETABLE/SALAD MILK	HOMEMADE CAKE
FRIDAY	HOT COCOA HAM & CHEESE MUFFINS HARD BOILED EGGS GRAPES			



Mendocino Woodlands  
Camp Association  
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Mendocino Outdoor  
Science School