

2.4 MEALS

All meals are set-up "buffet style" with a hot meal and a salad bar. Students will all come into the dining hall, sit down at their designated tables and wait to be dismissed. After each meal a clean-up crew from each school will stay behind to clean all tables and sweep the floor.

General Guidelines:

- All students and adults are to meet the Program Coordinator prior to meals for announcements.
- Students should enter the dining hall in an orderly fashion.
- All students will be responsible for bussing their own dishes, and putting their chairs away.
- A group of students from each school will stay after the meal, with a chaperone, to help clean the dining hall.

******Students need to be courteous and take only what they can eat.******

SAMPLE MENU

Breakfast:

- Pancakes and sausage or scrambled eggs and hash browns or sausage; fruit juice, milk
- Fruit bar: cereal selection, yogurts, fresh fruit, various jams and preserves, Danish, bagels or English muffins

Lunch:

- Pizza, hamburgers, corn-dogs or cold-cut sandwiches (one entree per lunch); fruit drink, water
- Salad bar: may consist of mixed greens, chopped veggies, cheese, croutons, canned fruit, 3-4 salad dressings, potato salad, pasta or soup

Dinner:

- Lasagna (meat and veggie), turkey, chicken or Mexican (one entree per dinner); milk, water
- Salad bar: same as lunch with vegetarian side dish
- Dessert: brownies, cookies, cake, ice cream

Note: This is a sample menu only. Food items are subject to change and vegetarians are accommodated at each meal. Prior to departure, the Assistant Program Director will contact the group leader for any special food needs or allergies. **Food is of high quality and there is plenty of it. Please refrain from bringing extra food or snacks as these will attract insects and rodents.**