

# McCall Field Campus: Sample Menu for Guests

We are committed to fresh ingredients, from-scratch quality, and local sourcing whenever possible. While the menu is subject to change depending on ingredient availability and the mood of the chefs, expect meal options similar to those below. All meals include self-serve regular and decaf coffee from local North Fork Coffee Roasters and a selection of black, green, and herbal teas. Have a favorite meal or a special request? Let us know, we just might be able to make it happen!

## Breakfast

Continental Breakfast Bar, served every morning

- Chobani Greek yogurt, chef's choice of fruit, and in-house made granola
- Selection of breakfast cereal and instant oatmeal
- Orange juice and selection of milk, including non-dairy options

Baked Oatmeal

- Homemade baked oatmeal with chef's choice of fruit
- Hickory smoked pork bacon

Eggs & Homestyle Potatoes

- Real, fluffy scrambled eggs
- Diced potatoes, baked crispy and delicious!

French Toast Bake

- Battered Texas toast layered with cinnamon and brown sugar
- Pork sausage links

Veggie Frittata - scrambled eggs, spinach, cherry tomatoes, and potatoes baked together and topped with melty cheese

## Field Lunch

Guests will pack their lunches each morning at breakfast. Expect options similar to the following:

- Fixings for meat and cheese or SunButter and jam sandwiches
- Locally made tortillas, vegetarian refried beans, and cheddar cheese
- Wraps, pita bread, and locally made hummus
- Sliced veggies and dip
- Goldfish crackers and pretzels
- Mozzarella cheese sticks
- Hard-boiled eggs
- Fresh fruit
- Freshly baked cookies

## Allergies & Dietary Restrictions

Our food service is peanut and tree nut free. We regularly accommodate vegetarian, gluten-free, dairy-free, egg-free, and soy-free diets. Please include allergy and dietary information in your MOSS registration with at least one week of notice. Contact Food Systems & Sustainability Manager, Betsy Delph, [bdelph@uidaho.edu](mailto:bdelph@uidaho.edu), to discuss any special dietary needs.

## Dinner

Salad Bar, served each evening (options vary, and will likely include the following items)

- Baby spinach
- Selection of fresh veggies, e.g., shredded carrots, broccoli florets, sugar snap peas, edamame, bell peppers, peas, and cabbage
- Kidney, black, and/or garbanzo beans
- Pickled beets, artichoke hearts, baby corn, and black olives
- Raisins, craisins, and sunflower seeds
- Cottage and shredded cheese
- Albacore tuna
- Selection of Idaho-made Litehouse dressings

The Residential Program Sample Menu includes typical dinners. We offer the following, on request:

Thai Red Curry

- Veggies and chicken or tofu simmered in a flavorful coconut milk sauce
- Garlic pita bread
- Steamed jasmine rice

Fancy BLTs

- Hickory smoked bacon
- Whole wheat bread
- Roasted tomatoes and peppers and butter lettuce
- Chipotle and pesto mayo

Oktoberfest Sausage Supper

- Variety of bratwurst roasted with apples and onions
- Locally made sourdough rolls
- Rosemary red potatoes
- Sauerkraut and stoneground mustard

Chicken Gyros

- Sliced chicken breast in fresh oregano marinade
- Pita bread
- Locally made red pepper hummus
- Cucumber salad with tomatoes and red onion

Meatball Sandwiches

- Beef and pork meatballs in a hearty marinara
- Crusty hoagie rolls and provolone cheese
- Three-bean salad in a balsamic dressing