

# McCall Outdoor Science School: Sample Menu for K-12 Residential Programs

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. For our teachers and chaperones, all meals include self-serve regular and decaf coffee from local North Fork Coffee Roasters and a selection of black, green, and herbal teas.

## 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

Friday Frittata - scrambled eggs, spinach, and potatoes baked together and topped with melty cheese

## Field Lunch

Students, chaperones, and field instructors carry family-style lunch fixings into the field each day, except for Friday, when guests will pack their own lunch at breakfast.

Family Style Lunches

- SunButter and jam sandwiches, apples, mozzarella cheese sticks, pretzels, freshly baked cookies
- Locally made flour tortillas, vegetarian refried beans, cheddar cheese, apples, Goldfish crackers, freshly baked cookies
- Pita bread, locally made hummus, protein option, carrot and celery sticks, Goldfish crackers, freshly baked cookies

Friday Lunch Options

- Fixings for meat and cheese or SunButter and jam sandwiches
- Sliced veggies and dip
- Goldfish crackers and pretzels
- Mozzarella cheese sticks
- Hard-boiled eggs
- Fresh fruit
- Freshly baked cookies

## Dinner

Salad Bar, served each evening (options vary, but 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/or 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

Idaho Baked Potato Bar

- Baked Yukon Gold Potatoes
- Homemade chili loaded with chef's choice of veggies
- Sour cream, butter, cheese, olives, and diced onions

Pulled Pork

- Juicy pulled pork in a sweet and smoky BBQ sauce
- Homemade cabbage slaw
- Sweet kernel corn

Taco Night

- Spiced chicken or ground beef
- Locally made tortillas
- Black beans and yellow Rice
- Salsa, shredded cheddar jack cheese, and sour cream

Chef's Choice of Pasta

- Homemade mac & cheese or baked ziti from family recipes
- Green peas

## 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.