

## **Clem Miller Environmental Education Center School Program Meal Planning: Menus & Suggestions**

In the interest of providing you with the information necessary to plan and implement the most effective program possible, the Clem Miller staff has improved the sample menu plan and shopping list. We want to support teachers and group leaders in integrating the concepts of environmental education and ecological awareness into every aspect of the Clem Miller experience, from menu planning to curriculum design.

To that end, we strongly recommend that menus shift away from highly processed and packaged foods toward simple, wholesome and, wherever possible, locally sourced and organic ingredients. The following list of meals, snacks, desserts and extras, including ingredient lists, suggestions, and tips, has been designed to aid you in planning your menu.

Please visit the Teacher Resources page at [www.ptreyes.org](http://www.ptreyes.org) to find a comprehensive spreadsheet detailing quantities and pricing for groups of 30 to 80 people.



### **DINNERS**

*Tip: To add variety, substitute steamed vegetables for green salad.*

#### **Burrito/Taco Bar**

*Trick: Cook the tortillas on the grill and then stack them in a frying pan with a lid on top, and wrap the pan in a big towel – they'll stay piping hot!*

- Corn Tortillas
- Flour Tortillas
- Refried Beans
- Rice
- Taco seasoning
- Shredded cheddar cheese
- Frozen corn
- Cilantro
- Lettuce
- Salsa
- Sour cream
- Juice
- *optional: carne asada (diced beef)*

#### **Spaghetti Night: Pasta, Sauce, Salad, Garlic Bread, Juice**

- Spaghetti Noodles
- Spaghetti Sauce
- Salad Ingredients:
  - Lettuce
  - Cucumbers
  - Carrots
  - Tomatoes
  - Other
- Ranch Dressing
- Bread
- Garlic
- Butter
- Juice
- *optional: ground turkey meatballs*

### **Turkey Hot Dogs**

- Turkey Hot Dogs
  - Buns
  - Ketchup
  - Mustard
  - Salad Ingredients:  
Lettuce
- Cucumbers
  - Carrots
  - Tomatoes
  - Other
  - Salad Dressing

### **Roasted Chicken & Potatoes**

- Chicken breasts/legs
  - Potatoes (to bake, mash, or home fry)
  - Cheese, sour cream, butter or other toppings for potatoes
  - Salad Ingredients:  
Lettuce
- Cucumbers
  - Carrots
  - Tomatoes
  - Other
  - Salad Dressing

### **Other Dinner Suggestions**

- Chili & cornbread with salad or steamed vegetable
- Leftovers soup night with bread and salad or steamed vegetable
- French bread pizza: large loaf French bread cut lengthwise into two or three slabs, spread with pasta sauce, covered with cheese and then baked in the oven makes a great pizza!  
Add any toppings you like.

### **BREAKFASTS**

*You may wish to add sausage links or bacon to any of these meal.*

#### **Pancakes**

- Pancake Mix
  - Bananas
  - Butter
- Syrup
  - Orange Juice

#### **Scrambled Eggs, Tortillas, & Beans**

*Trick: Cook scrambled eggs on the griddle and load them in a covered hotel pan in the oven to keep warm. Cook tortillas as noted for burrito/taco dinner (above). Make toast in the oven or on the griddle.*

- Corn Tortillas
  - Eggs
  - Shredded cheddar cheese
  - Refried beans
- Orange Juice
  - Fruit, e.g. bananas
  - Toast
  - Butter & Jam

#### **French Toast**

- Bread
  - Eggs
  - Butter/oil for griddle
  - Milk
- Cinnamon, Vanilla to taste
  - Syrup
  - Fruit, e.g. bananas

### **Leftovers Breakfast**

The last breakfast is a good opportunity to serve any leftovers you might have including tortillas, beans, cheese, bread and fruit, etc. Plus, have something planned like:

- Muffins or Cereal
- Milk
- Fruit

### **LUNCHESES**

*If you are planning a lunch away from the Ed Center, bagels and cream cheese can be pre-made and packed into bagel bags (or bread bags or produce bags from previous days) and carried by volunteers instead of packaging each individually.*

### **Bag Lunches (from school)**

*If possible, arrange for bag lunches on the first day. If not using the lunches for lunchtime, school lunches often contain trail snacks, fruit, milk, and other items on the shopping list.*

### **Bagels & Cream Cheese**

- Bagels
- Cream Cheese
- Carrots
- Fruit
- Cookies or crackers
- Juice or water
- *Salami (optional)*

### **Sandwich Bar**

*You may vary the type of sandwich offered each day.*

- Bread
- Cheese
- Sliced deli meats
- Lettuce
- Peanut or other nut butter
- Jelly
- Mayonnaise
- Mustard
- Fruit
- Cookies or crackers
- Juice or water

### **SNACKS, DESSERTS, COOKING NEEDS, & EXTRAS**

- Cookies
- Brownies (from packaged mix)
- Watermelon - A great dessert when in season – delicious, economical, kid-friendly, less processed, less packaged, and less sugar than prepared sweets
- S'Mores (Graham crackers, chocolate bars, marshmallows, skewers)
- Granola Bars
- Trail Mix/ GORP
- Hot Chocolate Mix (buy large cans instead of individual envelopes)
- Fruit – oranges, apples (with peanut butter), melon slices, tangerines
- Tortilla chips (large bags)
- Banana chips (large bags)
- Snacks from school lunch bags such as chips, pretzels, fruit, etc.
- Cooking oil