



CODS Menu

All Programs

Symbols Key: * contains dairy, ^ contains soy, ♦ contains wheat		
Dinner		
Mon/ Wed Dinner	Tacos	<ul style="list-style-type: none"> • Ground chicken meat with our own seasoning, freshly made smashed pinto beans, organic brown rice with cilantro & lime, whole kernel corn, flour tortillas^{^♦}, corn taco shells, organic blue tortilla chips • Condiments: Diced tomatoes (organic when available), artisan baby romaine shredded lettuce, house-made chunky salsa, shredded cheddar & jack cheese*, sour cream*, Tapatio sauce, black olives, diced yellow onion • Beverages: Organic 2% Milk (or soy[^]), water with lemon • Dessert: freshly baked chocolate chip cookie^{*♦ ^}
Tue/ Thurs Dinner	Spaghetti	<ul style="list-style-type: none"> • Spaghetti noodles^{♦^}, house-made meat sauce with chicken (mostly organic ingredients), house-made vegetarian marinara sauce (mostly organic ingredients), sourdough baguette with House-made garlic butter spread^{*♦^}, organic baby spring mix, romaine and tomato green salad, steamed organic broccoli florets, • Condiments: Italian[^] or buttermilk ranch dressing^{*^}, olive oil, Romano cheese* • Beverages: Organic 2% Milk (or soy[^]), water • Dessert: Fudge Brownie^{*♦^}
Breakfast		
Tue/ Thurs Breakfast	Pancake	<ul style="list-style-type: none"> • Aunt Jemima Whole Grain Pancakes^{*♦^}, natural turkey sausage links, scrambled eggs, Corn Chex, Cheerios (both cereals- gluten free), instant oatmeal, seasonal fresh fruit (organic when available) Condiments: house-made organic vanilla maple syrup, butter pats*, House-made chunky salsa, Tapatio sauce, organic ketchup, brown sugar, organic raisins • Beverages: Organic 2% Milk (or soy[^]), orange juice, hot cocoa^{*^}
Wed/ Fri Breakfast	Biscuit	<ul style="list-style-type: none"> • Scrambled eggs, homestyle biscuits^{*♦^}, turkey sausage patties, or turkey bacon* country-style potatoes, Corn Chex, Cheerios (both cereals- gluten free), instant oatmeal, seasonal fresh fruit (organic when available) • Condiments: house-made organic strawberry jam, butter pats*, organic honey, house-made chunky salsa, Tapatio sauce, organic ketchup, brown sugar, organic raisins • Beverages: Organic 2% Milk (or soy[^]), orange juice, hot cocoa^{*^}
Lunch and Snack		
Lunch Day 1	Sack Lunch	• Parents/Guardians: Please prepare healthy, low-sugar food & use minimal packaging. Nut free foods preferred ☺ Students are not allowed to save leftovers!
Gold Rush Snack Day 1	Corn- bread	• CODS cornbread contains wheat, soy, & egg- no dairy ^{^♦}
Science or Ropes Snack Day 1	Fruit	• Typically one whole apple or orange and string cheese*.
Gold Rush or Science Lunch Day 2	Hike Lunch	<ul style="list-style-type: none"> • Honey-wheat bagel[♦], soy butter[^], whipped cream cheese*, Salami (pork & beef), organic mini peeled carrots, sliced oranges, celery sticks, string cheese*, pretzels[♦], vegetarian soup may be provided when cold^{♦^} • Snack: organic animal crackers^{♦ ^}, apple (organic when available)
Science Lunch Day 2	Pizza Lunch	• Local mixed greens salad with carrots & organic ranch style dressing*, freshly made cheese or pepperoni pizza ^{*♦^} ; freshly squeezed organic lemonade- Gluten free pizza crust or cheese free pizza is available if prearranged-
Ropes Challenge Lunch Day 2	Hamburger Lunch	<ul style="list-style-type: none"> • Hamburgers* (veggie* ♦available upon request), cheese slices*, potato chips, seasonal fruit • Condiments: ketchup, mayo^{^*}, mustard, dill pickles, onions, lettuce, tomatoes • Beverages: Lemonade, water



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Departure Gold Rush or Ropes Course Lunch Day 3	Deli Lunch	<ul style="list-style-type: none"> • Sourdough* ^ or wheat bread** ^, natural turkey breast, whole fresh fruit (organic when available), sea salt kettle potato chips; vegetarian soup may be provided when cold* ^ • Condiments: monterey jack cheese slices*, kosher dill pickles, red onions, artisan baby romaine lettuce, organic tomatoes, organic ketchup, organic mustard, vegenaise, • Beverages: Lemonade with orange slices, water with lemon
Departure Science Lunch Day 3	Picnic Lunch	<ul style="list-style-type: none"> • Honey-wheat bagel*, soy butter ^, whipped cream cheese*, Salami (pork & beef), sliced oranges, celery sticks, organic animal crackers* ^, apple (organic when available)