

“ WASTE NOT ” SAMPLE MENU

Check out our website at
www.coosariverscienceschool.org

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The CRSS program strives to give your students every chance possible to learn and experience conservation in action. In the spirit of this idea we serve all meals **Family-style** to residential program groups. The CRSS instructors will use the time spent in the dining room as a teaching tool and present the “**Waste Not**” program to your students at the end of each meal. This program teaches the students about the production of food and the importance of cutting down on food waste. The program helps teach students to make smart decisions about their portion sizes at the beginning of meals in hopes of cutting down the amount of food that is wasted.

All meals served to day program groups will be served cafeteria-style.

SAMPLE MENU

BREAKFAST

1. Bacon, Eggs, Grits, Biscuit, and Milk, Juice and/or Water
2. Pancakes and Sausage

LUNCH

1. Turkey Sandwiches, Chips, Fruit, Veggie Tray, Cookie, and Tea or Water
2. Hamburgers, Fries, Lettuce, Tomatoes, Onions, Cheese, Cookie, and Tea or Water
3. Chicken Sandwiches, Deli Wedges, Lettuce, Tomatoes, Cookie, and Tea or Water

DINNER

1. Chicken Fingers, Green Beans, Mashed Potatoes, Tossed Salad, Roll, Dessert, and Tea or Water
2. Spaghetti (sauce with or without meat), Rolls, Tossed Salad, Dessert, and Tea or Water
3. Ham, Macaroni & Cheese, Black-Eyed Peas, Tossed Salad, Roll, Dessert, and Tea or Water

Meal selections may vary!



“Waste Not” Sample Menu