

ITA Sample Menu  
Weeklong Fully Supported Trip

Breakfast

Oatmeal

Pancakes & Sausage or Bacon

Egg, cheese, potato, and diced ham burritos

Granola, dried fruit & nuts

Croissants w Ham & Cheese

Lunch

Make your own sandwiches (Lunch meat, cheese, PB+J)

Granola bars, apples/oranges

Appetizers

chips & salsa

Salami, cheese, crackers, celery and carrot sticks

Refried bean/cheese dip and tortilla chips

Quesadillas made with extra tortillas, cheese, leftover refried beans, or pulled pork

Mini peppers stuffed with shredded or cream cheese

Chinese BBQ pork w/ hot mustard and sesame seed

Dinner

Chicken Sausages with Sauerkraut, fried red potatoes

Creamy Italian Sausage Soup with Garlic Bread and Ceasar Salad

Enchiladas with Rice and Slaw

Beef Stew and Side salad

Coconut curry chicken bowls w/veggies and Kachumber Salad

Grilled Chicken Pita Cesar sandwich with Mediterranean Potato Salad

Dessert: Brownies, Churro Bites, Cookies, Lemon bars.