

Frost Valley Environmental Education Dining Hall and Food Service



The Frost Valley Food Service is an integral part of every participant's experience. The dining hall is not just a place to eat, but it is also a key component to the educational experience.

Set up and Clean up

Meals are served "family style" at Frost Valley and the students are personally responsible for setting and cleaning up their tables. We ask that schools assign the set up or clean up roles prior to arriving at Frost Valley. Students will receive a dining hall orientation prior to their first meal.

Frost Valley composts all of its food waste. Students participate in this process by separating their organic from non-organic waste. We also ask students, by table, to weigh the food waste they produced each meal. Through these activities we hope to increase their awareness and understanding of the resources around us.

Food Service

The Frost Valley food service department serves meals that support our wellness philosophy. Each meal is planned to include fresh fruits and vegetables. In conjunction with the hot meal that is served, there are other food options so that everyone will find something to eat. Breakfasts include a full breakfast bar consisting of hot and cold cereals, fresh and dried fruits and yogurt. Both lunch and dinner includes a full salad bar that includes fresh vegetables and condiments for creating your own green salad, plus a selection of prepared salads from the kitchen. Soup is also available at every lunch and dinner, as well as peanut butter and jelly (as long as there are no airborne peanut allergies during the time of your stay). Another food option is that cold cereal is available at every meal. Baked products are prepared from scratch by our full time baker who is well known for his breads, desserts and cookies.

Frost Valley does not encourage the use of, or serve "junk food" and we do not have food or soda vending machines on the property. We do, however, serve "kid friendly" food, such as hamburgers and pizza.

Special Dietary Concerns

Frost Valley serves many guests with special dietary needs and tries to accommodate most guests with food allergies. Please contact your Program Coordinator about any guests with food allergies or specific dietary concerns prior to your trip.

Frost Valley Environmental Education Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>8:00 am to 8:45 am</u> Assorted Fresh Fruit Assorted Dry Cereal(s) Breakfast Cereal Toppings Hot Breakfast Cereal French Toast Grilled Turkey Sausage with Maple Syrup</p>	<p><u>8:00 am. to 8:45 am</u> Assorted Fresh Fruit Assorted Dry Cereal(s) Breakfast Cereal Toppings Hot Breakfast Cereal French Toast Sticks Grilled Turkey Ham Maple Syrup</p>	<p><u>8:00 am to 8:45 am</u> Assorted Fresh Fruit Assorted Dry Cereal(s) Breakfast Cereal Toppings Hot Breakfast Cereal Scrambled Eggs Breakfast Potato Grilled Turkey Sausage</p>	<p><u>8:00 am to 8:45 am</u> Assorted Fresh Fruit Assorted Dry Cereal(s) Breakfast Cereal Toppings Hot Breakfast Cereal Pancakes With Maple Syrup Grilled Turkey Ham</p>
<p><u>12:00 pm to 12:45 pm</u> Soup of Day Goulash Fresh Tossed Salad Assorted Fresh Fruit Bread(s) or Roll(s) Dessert</p>	<p><u>12:00 pm to 12:45 pm</u> Soup of the Day Chicken Nuggets <i>Tofu Nuggets</i> Fresh Tossed Salad Assorted Fresh Fruit Bread(s) or Roll(s) Dessert</p>	<p><u>12:00 pm to 12:45 pm</u> Soup of the Day Sloppy Joes Fresh Baked Rolls <i>TVP Sloppy Joes</i> Fresh Tossed Salad Assorted Fresh Fruit Bread(s) or Roll(s) Dessert</p>	<p><u>12:00 pm to 12:45 pm</u> Soup of the Day Chicken Fingers Celery & Blue Cheese Fresh Tossed Salad Assorted Fresh Fruit Bread(s) or Roll(s) Dessert</p>	<p><u>12:00 pm to 12:45 pm</u> Soup of the Day Breaded Fish Nuggets Fried Mac & Cheese Nuggets <i>Tempeh Nuggets</i> Fresh Tossed Salad Assorted Fresh Fruit Bread(s) or Roll(s) Dessert</p>
<p><u>5:30 pm to 6:15 pm</u> Baked Meat Loaf <i>TVP Meat Loaf</i> Steamed Vegetables Salad Bar Bread Dessert</p>	<p><u>5:30 pm to 6:15 pm</u> Stuffed Shells Garlic Bread Steamed Vegetables Salad Bar Bread Dessert</p>	<p><u>5:30 pm to 6:15 pm</u> Baked Chicken Quarters <i>Cous Cous Sautee Chix Peas</i> Steamed Vegetables Salad Bar Bread Dessert</p>	<p><u>5:30 pm to 6:15 pm</u> Slow Roast Turkey <i>Eggplant Parmesan</i> Steamed Vegetables Salad Bar Bread Dessert</p>	<p>** Italicized items are the vegetarian options **</p>
<p>Evening Snack Cookies</p>	<p>Evening Snack Granola Bars</p>	<p>Evening Snack Cookies</p>	<p>Evening Snack Granola Bars</p>	