

Youth Menu—Vegetarian

Breakfasts

Pancake Breakfast—pancakes, scrambled eggs, tater tots, and applesauce

Cinnamon Rolls & Breakfast Casserole

Melon or grapes

Cereal & Bagels with Cream Cheese

Boiled eggs, tri-tater hash browns, and canned peaches

Available at All Breakfasts

Whole Fruits—apples, oranges, and bananas

Oatmeal, yogurt, and granola

Lunches

Veggie Burgers + Toppings

French fries and chocolate chip cookies

Grilled Cheese & Tomato Soup

Veggie tray, chips, & oatmeal raisin cookies

Cheese Pizza

Pasta salad and chocolate pudding with marshmallows

Meatless Hot Dogs + Vegetarian Chili

Egg salad, veggie tray, chips, & Rice Krispies treats

Available at All Lunches

Full Salad Bar

Whole Fruits—apples, oranges, and bananas

Dinners

Loaded Broccoli Soup

Rice pilaf, green beans, homemade rolls, and apple crisp

Meatless Lasagna

Italian breadsticks, corn, Caesar salad, and ice cream

Cheese Enchiladas (Corn Tortillas) + Toppings

Spanish rice, tortilla chips, and chocolate cake

Available at All Dinners

Full Salad Bar

Whole Fruits—apples, oranges, and bananas

Beverages

Available at Breakfast

Water, orange juice, milk, and almond milk

Available at Lunch and Dinner

Water, sweet tea, and lemonade

For Adults Only

Coffee (decaf and regular), hot chocolate packets, selection of teas, & apple cider packets available at all meals

Special Diet Provisions

The Special Diet Fridge will also have boiled eggs, gluten free bread, gluten free pasta (for lasagna meal), yogurt, and gluten free cinnamon bread (for cinnamon roll day) for those with dietary needs only. Please let us know in advance if you would like to use the special diet items listed above so that we can have them prepared for you.

For additional information please contact Amber Bushey at amberbushey@wolfmountain.org.