

# Youth Menu

## Breakfasts

**Breakfast Sandwiches**—fried eggs, sausage patties, and sliced cheese  
Canned pears

**Cinnamon Rolls & Breakfast Casserole**  
Bacon and sliced melon or grapes

**Cereal & Bagels with Cream Cheese**  
Boiled eggs, kielbasa and potatoes, and canned peaches

### **Available at All Breakfasts**

*Whole Fruits—apples, oranges, and bananas*  
*Oatmeal, yogurt, and granola*

## Lunches

**Burgers + Toppings**  
French fries and chocolate chip cookies

**Hot Dogs and Macaroni and Cheese**  
Chili, veggie tray, chips, and M&M cookies

**Pizza—Cheese, Pepperoni, Hawaiian, & Meat**  
Pasta salad and vanilla pudding with chocolate chips

**Turkey, Ham, and Cheese Subs**  
Veggie tray, chips, and Rice Krispies treats

### **Available at All Lunches**

*Full Salad Bar*  
*Whole Fruits—apples, oranges, and bananas*

## Dinners

**Chicken Tenders**  
Mashed potatoes and gravy, green beans, crescent rolls, and peach crisp with whip cream

**Spaghetti and Italian Meat Sauce**  
Italian breadsticks, corn, Caesar salad, and Jello cake

**Burritos (flour tortillas) + Toppings**  
Spanish rice, refried beans, tortilla chips, and chocolate cupcakes with buttercream frosting

### **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

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## Special Diet Provisions

Since our kitchen is not an allergen-free kitchen, we cannot guarantee there will be no cross contact in the food we provide. A refrigerator and freezer, microwave, toaster, and toaster oven are provided in the Special Diet Area. The Special Diet Fridge will also have boiled eggs, gluten free bread, gluten free pasta (for spaghetti 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](mailto:amberbushey@wolfmountain.org).