



Vegetarian Menu

A well balanced Lacto-Ovo diet without meat, fish, and poultry.

Breakfast:

Organic Oatmeal*
 Cream of Wheat*
 Plain Juk* (w/ optional green onions*)
 Organic Corn Flakes
 Organic Multigrain w/ Raisins*
 Organic Cocoa Koala Crisps*
 Scrambled Eggs
 Scrambled Eggs w/ Cheese
 Breakfast Sandwich
 Hard Boiled Egg (served chilled)
 Classic Pancakes
 Chocolate Chip Pancakes
 Hashbrown triangle*
 Impossible Sausage*
 Flour Tortilla*
 Strawberry, Vanilla, or Plain
 Yogurt

Snacks:

Cut Apples*
 Cut Honeydew Melon*
 Organic Banana*
 Pineapple*
 Seasonal fruit* (ask for
 current selection)
 Organic Applesauce*
 Pureed Peaches*
 Pureed Pears*
 Snack Vegetable Box*
 (optional w/ Ranch)
 Annie's Bunny
 Crackers: Cheddar,
 Chocolate Chip
 Pretzels*
 Multigrain Chips*
 Popcorn*
 Graham Crackers
 Dry Roasted Almonds*
 Raisins*

Dessert:

Chocolate Chip Cookie
 Vanilla Cream Puffs
 Chocolate / Diet Vanilla Pudding
 Orange / Diet Tropical Jello*
 Chocolate/Vanilla Ice Cream
 Milkshakes: Berry Banana*,
 Chocolate, Vanilla

*Signifies Vegan Item



Entrees (Avail after 11AM):

Macaroni and Cheese
 Tofu Teriyaki*
 Plain Cooked Tofu*
 Cheese Quesadilla
 Spaghetti w/
 Marinara*
 Grilled Cheese
 Beyond Burger Patty* (buns
 are vegetarian, not vegan)
 Field Fresh Salad*
 Mozzarella Fresca Sandwich
 Peanut Butter & Jelly Uncrustable

Side Orders:

White Rice*
 Brown Rice*
 Mashed Potatoes
 Allergy Mashed Potatoes*
 Pinto Beans*
 Steamed Carrots*
 Steamed Green Bean Blend*
 Braised Greens*
 Side Salad w/ Oil/Balsamic* or
 Ranch
 White Roll
 French fries*
 Salsa*
 Sour Cream
 Cheese sauce

Soups: (vary daily)

Vegetable Broth*
 Vegetarian Minestrone
 Vegetarian Lentil*
 Italian Ribollita*
 Butternut Squash
 Mushroom Barley*
 Southwest Black Bean*
 Cauliflower Leek

*Signifies Vegan Item

