

Sample Menus for Environmental Education

Breakfast	<p>French toast Applesauce Bacon Vegetarian sausage (for vegetarians) 100% juice</p> <p>Cereal bar with 3-4 cereals, granola, a hot cereal, several condiments, fresh bananas</p>	<p>Scrambled eggs Hash browns Muffins or coffee cake Vegan option Fruit 100% juice</p> <p>Cereal bar</p>	<p>Pancakes Pork sausage Fresh fruit 100% juice</p> <p>Cereal bar</p>	<p>Belgian waffles Strawberries Whip cream Bacon Vegetarian sausage Fresh fruit 100% juice</p> <p>Cereal bar</p>	<p>Egg sandwiches Potato pancakes Fresh fruit 100% juice</p> <p>Cereal bar</p>
Lunch	<p>Build your own sandwich: Bread Lunchmeats, hummus Cheese Lettuce, tomato, onion Mayo, mustard Soup Crackers Whole fruit Milk & water Cookies</p>	<p>Chili Hot dogs Must, ketchup Pickles Veggie sticks with ranch Milk Water Jello w/ fruit</p>	<p>Pizza Salad Milk Water Popsicles</p>	<p>Bean/cheese burritos Tater tots Salsa Tortilla chips Green salad Dressing Milk Water Pudding</p>	<p>Grilled cheese sandwiches Tomato soup Veggie sticks w/ ranch Milk Water Grasshopper brownies (w/ mint frosting)</p>
Dinner	<p>Vegetarian spaghetti Meatballs Green beans Salad Milk Water Chocolate cake</p>	<p>Chicken (baked) Mashed potatoes Carrots Green salad Milk Water Jello cake w/ whip topping</p>	<p>Build your own taco salad: Seasoned ground meat (chicken or beef) Refried or black beans Cheese Salsa Olives Sour cream Onions Diced chiles</p> <p>Tater tots Milk & water Berry melba</p>	<p>Pasta alfredo w/ veggies Broccoli Salad bar Milk Water Apple crisp</p>	<p>Hamburgers (Garden Burgers) Lettuce, tomato, onion, pickles Mustard, mayo, ketchup French fries (baked) Pasta salad Milk & water Strawberry shortcake</p>
Snacks	<p>Cookies & punch or milk</p>	<p>Granola bar & punch</p>	<p>Whole fresh fruit & punch</p>	<p>String cheese & punch</p>	<p>crackers/cheese & punch</p>

Some options available for special diets, with prior notice including: gluten & wheat-free breads/pasta; soy milk; non-dairy versions of what is served
Vegetarian (non-meat) options: always can be made available when meat is served (we serve meat separately whenever possible)