

Sample Menu



Healthy, balanced meals are just what growing bodies need! Crafted by child nutritionists (and tested by kids), our menu is planned well in advance so you can always see what we're serving up for the day.

Here's a sampling of the yummy food we serve:

Breakfast

All breakfasts are served with fruit and milk

- Whole grain pancakes
- Scrambled eggs
- Assorted whole grain cereals
- Whole grain bagel toasted with cream cheese
- Yogurt

Lunch Entrees

All lunches include a fruit, vegetable, protein, grain, and milk

- Fish tacos
- Spaghetti
- Tropical rice bowl
- BBQ chicken
- Grilled cheese & tomato soup

Snacks

Water is offered at snack time

- Yogurt topped with granola
- Fresh cucumber rounds and turkey slices
- Cheese & crackers
- Carrot & celery sticks with hummus bean dip
- Sunbutter & jelly sandwich