



# EXAMPLE MENU

Menu items are subject to change without notice. We will provide menu substitutions for all students dietary needs.

## BREAKFAST

**Drinks:** orange juice, milk

**First Course:** cold cereal, oatmeal and sliced fruit

**Main Course:** pancakes with turkey sausages and pure maple syrup



**Drinks:** apple juice, water

**First Course:** soup with crackers

**Main Course:** cheese pizza with whole wheat crust, fresh veggies and dip

**Dessert:** brownie

## LUNCH

## DINNER

**Drinks:** milk, water

**Main course:** baked BBQ chicken with seasoned brown rice and steamed carrots

**Dessert:** orange slices



## SNACKS

**Evening:** juice, fresh fruit and cookies