

Children

B R E A K F A S T

HOT OR COLD CEREAL v/H

CALORIES 74

STEEL-CUT OATMEAL OR COLD CEREAL,
FRESH SEASONAL FRUIT

4.00

JUNIOR RANGER*

CALORIES 322-429

ONE EGG ANY STYLE, SEASONED
POTATOES, FRUIT, CHOICE OF BACON
OR SAUSAGE AND JUICE OR MILK

6.75

BUTTERMILK PANCAKES v

CALORIES 255

FRESH FRUIT
CHOICE OF JUICE OR MILK

5.75

L U N C H

SERVED WITH A CHOICE OF JUICE OR MILK

HAMBURGER L/S

CALORIES 640

ALL BEEF PATTY, TOASTED BUN
LETTUCE, TOMATO, RED ONION, PICKLE
SERVED WITH FRENCH FRIES

8.50

ADD CHEESE 1.00

150 CALORIES

PEANUT BUTTER & JELLY SANDWICH v/H

CALORIES 610

WHOLE WHEAT BREAD
ORGANIC PEANUT BUTTER & JELLY
SERVED WITH FRUIT OR VEGETABLE STICKS

6.00

HAM & CHEESE SANDWICH

CALORIES 380

CHEDDAR CHEESE, WHOLE WHEAT BREAD
SERVED WITH FRUIT OR VEGETABLE STICKS

7.00

PENNE PASTA v/H

CALORIES 360

MARINARA SAUCE, PARMESAN

8.25

ADD MEATBALLS (2) 2

CALORIES 320

GRILLED CHEESE v

CALORIES 750

WHOLE WHEAT BREAD
SERVED WITH FRENCH FRIES

7.00

ADD HAM 2

CALORIES 68

GRILLED CHICKEN BREAST

CALORIES 470

STEAMED RICE, BROCCOLI

BBQ SAUCE

9.50

ALL MEALS INCLUDE ONE SERVING OF MILK, JUICE OR LEMONADE

+ = MADE OR MAY BE MADE WITHOUT GLUTEN INGREDIENTS (FOODS COMMONLY PREPARED WITHOUT GLUTEN CONTAINING INGREDIENTS MAY NOT BE "GLUTEN FREE". OUR RECIPES ARE PREPARED IN OPEN KITCHENS WHERE CROSS-CONTACT IS POSSIBLE AND WHERE INGREDIENT SUBSTITUTIONS ARE

SUSTAINABLE (S) – ORGANIC (O) – LOCAL (L)

SOMETIMES MADE.)

VEGAN (VG) – VEGETARIAN (V) – HEALTHY (H)

Children

D I N N E R

SERVED WITH CHOICE OF GREEN SALAD,
VEGETABLE STICKS, OR SEASONAL FRUIT
CHOICE OF JUICE OR MILK

HAMBURGER L/S

CALORIES 640

ALL BEEF PATTY, TOASTED BUN
LETTUCE, TOMATO, RED ONION, PICKLE

8.50

ADD CHEESE **1.00**

150 CALORIES

GRILLED CHEESE V

CALORIES 750

WHOLE WHEAT BREAD

7.00

ADD HAM **2**

CALORIES 68

PEANUT BUTTER & JELLY SANDWICH V/H

CALORIES 610

WHOLE WHEAT BREAD

ORGANIC PEANUT BUTTER & JELLY

6.00

PENNE PASTA V/H

CALORIES 360

HOUSE-MADE MARINARA SAUCE, PARMESAN

8.25

ADD MEATBALLS (2) **2**

CALORIES 320

VEGETABLE TAGINE VG/+H

350 CALORIES

CAULIFLOWER, CHICKPEAS, DRIED FRUIT
SWEET POTATO, BUTTERNUT SQUASH

SERVED OVER COUSCOUS

9.75

GRILLED CHICKEN BREAST

CALORIES 500

MASHED POTATO, BROCCOLI
BBQ SAUCE

9.50

D E S S E R T S

ICE CREAM & SORBET

CALORIES 172

VANILLA, CHOCOLATE,
STRAWBERRY, RAINBOW SHERBET,
FRUIT SORBET

3.00

ICE CREAM SUNDAE

CALORIES 330

VANILLA ICE CREAM, CHOCOLATE SYRUP
PEANUTS, WHIPPED CREAM, CHERRY

4.50

CHOCOLATE CAKE

CALORIES 310

RICH CHOCOLATE CAKE
WITH WHIPPED CREAM

3.25

ALL MEALS INCLUDE ONE SERVING OF MILK, JUICE OR LEMONADE

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SUSTAINABLE (S) – ORGANIC (O) – LOCAL (L)

VEGAN (VG) – VEGETARIAN (V) – HEALTHY (H)