

LACTO VEGETARIAN DIET MENU

No Meat/Eggs • Allows Dairy

We understand this diet is limited. Please ask to speak with a registered dietitian who can work with the chef to make additional accommodations.

BREAKFAST

Assorted Cold Cereal	Oatmeal
Biscuit	Vegan Scrambled Eggs
Cream of Wheat	Tater Tots
Grits	Toast (<i>White & Whole Wheat</i>)
Nature Valley® Chocolate Chunk Bar	Yogurt
Nature Valley® Oatmeal Rasin Bar	

ENTRÉES

Black Beans & Rice	Grilled Cheese Sandwich
Black Bean & Cheese Burrito	Mediterranean Hummus Plate
Black Bean Burger	Mediterranean Wrap
Caribbean Red Beans & Rice	Pasta with Alfredo
Cheese & Vegetable Quesadilla	Pasta with Marinara
Cheese Pizza	Pasta with Pesto
Cheese Quesadilla	Three Bean Chili
Crispy Baked Tofu	Uncrustable® PB&J
Fruit Plate	Vegetable Stir Fry

SOUP & SALAD

Tomato Soup	Garden Salad
Vegetable Broth	Saltines
Vegetable Soup	Italian Dressing

FRUIT

Apple	Orange
Applesauce	Peaches
Banana	Pineapple
Blueberries	Strawberries
Fresh Fruit Cup	
Grapes	
Mandarins	

DESSERTS

Animal Crackers	Oreos®
Dirt Pudding Cup	Popsicle
Ice Cream (<i>Chocolate, Strawberry & Vanilla</i>)	Pudding (<i>Chocolate & Vanilla</i>)
Italian Ice	Rice Krispie Treat™
Orange Sherbet	

SIDES & SNACKS

Baked Potato	Whipped Potatoes
Garlic Bread	Smiley Fries
French Fries	String Cheese
Hummus	Sweet Potato Fries
Macaroni & Cheese	Rice (<i>Brown & White</i>)

Vegetables

Cooked: Broccoli, Carrots, Corn, Green Beans, and Green Peas

Raw: Broccoli, Carrots, Celery, and Cucumber

Assorted Chips:

Cheetos® Puffs	Goldfish®
Doritos® (<i>Cool Ranch & Nacho Cheese</i>)	Lay's® Potato Chips
Fritos®	Pretzels
	Ruffles® Potato Chips

CONDIMENTS

Brown Sugar	Margarine & Butter
Cinnamon	Mustard
Honey	Peanut Butter
Jelly	Salt & Pepper
Ketchup	Syrup

BEVERAGES

Almond Milk (<i>Chocolate & Vanilla</i>)	Hot Cocoa
Bottled Water	Juice (<i>Apple, Cranberry & Orange</i>)
Carnation® Instant Breakfast (<i>Chocolate & Vanilla</i>)	Milk (<i>Chocolate, Skim, Whole & 2%</i>)
Crystal Light®	Soda (<i>Ginger Ale, Cola, Diet Cola & Lemon Lime</i>)
Gatorade®	Soy Milk (<i>Vanilla</i>)
Gatorade Zero®	

