

# PESCATARIAN DIET MENU

**No Beef/Poultry • Allows Dairy,  
Eggs, and Fish**

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 Biscuit	Nature Valley® Oatmeal Raisin Bar
Blueberry Muffin	Oatmeal
Cheese Eggs	Pancakes
Cream of Wheat	Scrambled Eggs
French Toast Sticks	Tater Tots
Grits	Toast ( <i>White &amp; Whole Wheat</i> )
Hard Boiled Egg	Yogurt
Nature Valley® Chocolate Chunk Bar	

## ENTRÉES

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

## SOUP & SALAD

Tomato Soup	<i>Saltines</i>
Vegetable Broth	<i>Caesar Dressing</i>
Vegetable Soup	<i>Italian Dressing</i>
Caesar Salad	<i>Ranch Dressing</i>
Garden Salad	

## FRUIT

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

## DESSERTS

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

## SIDES & SNACKS

Baked Potato	Whipped Potatoes
French Fries	Smiley Fries
Garlic Bread	String Cheese
Hummus	Sweet Potato Fries
Macaroni & Cheese	Rice ( <i>Brown &amp; 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 &amp; Nacho</i> )	Lay's® Potato Chips
Fritos®	Pretzels
	Ruffles® Potato Chips

## CONDIMENTS

Brown Sugar	Mayonnaise
Cinnamon	Mustard
Cream Cheese	Peanut Butter
Honey	Salt & Pepper
Jelly	Sour Cream
Ketchup	Syrup
Margarine & Butter	

## BEVERAGES

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

