

# PLANT FORWARD MENU

Please ask to speak with a registered dietitian who can work with the chef to make additional accommodations.

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## BREAKFAST

Biscuit	Oatmeal
Blueberry Muffin	Pancakes
Cream of Wheat®	Tater Tots
French Toast	Toast ( <i>White &amp; Whole Wheat</i> )
Grits	
Nature Valley® Chocolate Chunk Bar	
Nature Valley® Oatmeal Raisin Bar	

## ENTRÉES

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

## SOUP & SALAD

Tomato Soup	Caesar Dressing
Vegetable Broth	Italian Dressing
Vegetable Soup	Ranch Dressing
Caesar Salad	
Garden Salad	
Saltines	

## FRUIT

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

## DESSERTS

Animal Crackers	Oreos®
Cookies ( <i>Chocolate Chip &amp; Sugar</i> )	Popsicle
Italian Ice	Rice Krispie Treat™

## SIDES & SNACKS

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

### Vegetables

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

*Raw:* Broccoli, Carrots, Celery, and Cucumber

## CONDIMENTS

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

## BEVERAGES

Almond Milk ( <i>Chocolate &amp; Vanilla</i> )	Soy Milk ( <i>Chocolate &amp; Vanilla</i> )
Bottled Water	
Crystal Light®	
Juice ( <i>Apple, Cranberry &amp; Orange</i> )	

