

# LACTO/OVO VEGETARIAN DIET MENU

## No Meat • Allows Dairy & Eggs

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

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### BREAKFAST

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

### ENTRÉES

- |                               |                            |
|-------------------------------|----------------------------|
| Black Bean & Cheese Burrito   | Grilled Cheese Sandwich    |
| Black Bean Burger             | Mediterranean Hummus Plate |
| Caribbean Red Beans & Rice    | Mediterranean Wrap         |
| Cheese Pizza                  | Pasta with Alfredo         |
| 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     | <i>Saltines</i>         |
| Vegetable Broth | <i>Italian Dressing</i> |
| Vegetable Soup  | <i>Ranch Dressing</i>   |
| Garden Salad    |                         |

### FRUIT

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

### DESSERTS

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|--|--|
| 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      | Smiley Fries                      |
| French Fries      | String Cheese                     |
| Hummus            | Sweet Potato Fries                |
| Macaroni & Cheese | Rice ( <i>Brown &amp; White</i> ) |
| Whipped Potatoes  |                                   |

#### 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 Cheese</i> ) | Lay's® Potato Chips   |
| Fritos®   | Pretzels              |
|   | Ruffles® Potato Chips |

### CONDIMENTS

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

