



www.farmsforcitykids.org

Sample Menu

Our Dorm at Spring Brook Farm has an incredible kitchen staff who make their meals with love, using many locally-sourced ingredients, including produce from our Farm. Meals at the Dorm may consist of any combination of the following menu items:

Breakfast

Various Cereal Choices, French Toast or Pancakes with Spring Brook Farm Maple Syrup, Vermont Maple Sausage, Bacon, Local Eggs, English Muffin Sandwiches, Home Fries, Bagels with Cream Cheese, Fresh Fruit, Plain or Flavored Yogurt, Granola Bars, Toast, Homemade Muffins, Orange Juice and Milk

Lunch

Fresh Made Sandwiches with Turkey, Ham, Tuna Fish or Egg Salad, Grilled Beef or Vegetarian Burgers, Hot Dogs, Chicken, Grilled Cheese Sandwiches, Ground Beef Tacos, Homemade Soups, Fresh Garden Vegetables, Fresh Fruit, Salads of Mixed Greens, Pasta, Potato or Caesar, Iced Tea, Lemonade, Apple Cider and Milk

Dinner

Spaghetti & Meatballs, Chicken, Fish, Homemade Meatloaf, Lasagna, Homemade Macaroni & Cheese with Spring Brook Farm Cheese, Homemade Stews, Pizza with Toppings, Lo Mein, Veggie Stir-Fry, Rice, Black Beans, Potatoes, Fresh Fruit, Green Salad, Fresh Garden Vegetables, Milk, Iced Tea, Lemonade

Nightly Desserts

Cake, Brownies, Pudding, Cookies, Popcorn, Ice Cream, Popsicles

*Please indicate any food allergies or dietary restrictions on the medical form included in your enrollment information packet.

