



# Sample Menu

**Meals for your child's week at Spring Brook Farm may consist of any combination of the following menu items:**



## **Breakfast**

Cereal Choices, French Toast or Pancakes with Spring Brook Farm Maple Syrup, Vermont Maple Sausage, Local Eggs, Fresh Fruit, Plain or Flavored Yogurt, Granola Bars, Toast, English Muffins, Juice and Milk

## **Lunch**

Fresh Made Hoagies: Turkey, Tuna Fish, Egg Salad, Grilled Beef or vegetarian Burgers, Hot Dogs, Chicken, Grilled Cheese Sandwiches, Homemade Soups, Fresh Garden Vegetables (raw or cooked), Fresh Fruit, Salads: Mixed Greens, Pasta, Potato or Caesar, Spring Brook Farm Tarentaise Cheese, Milk, Iced Tea, Lemonade, Apple Cider



## **Dinner**

Spaghetti & Meatballs, Chicken, Fish, Homemade Meatloaf, Lasagna, Homemade Macaroni & Cheese, Pizza with toppings, Rice, Black Beans, Potatoes, Fresh Fruit, Green Salad, Fresh Garden Vegetables (hot or cold), Milk, Iced Tea, Lemonade

## **Nightly Desserts**

Cake, Brownies, Pudding, Cookies, Popcorn



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