



## Sample Menus | Breakfast and Dinner

### About this guide:

Listed below are all of the meals served at NatureBridge Olympic campus. Each chart provides the items served at each meal along with the alternatives provided at the meal for participants with food allergies. This guide DOES NOT show specific ingredients for items, list the brands used in the kitchen, or show what food is served on specific days.

### Disclaimers:

Due to the large volume of participants served at NatureBridge everyday we CANNOT switch out a specific item in a meal for something other than what is listed in the alternatives menu. Some items may change due to availability.

## Breakfast

	Eggs and Potatoes	Eggs and Biscuits	Buttermilk Pancakes	French Toast
<i>Ingredients</i>	Scrambled Eggs Potatoes Salsa Ketchup Shredded Cheddar Cheese	Scrambled Eggs Buttermilk Biscuits Whipped Butter Jelly Salsa Ketchup Shredded Cheddar Cheese	Pancakes Sausage (turkey) Whipped Butter Syrup	French Toast Sausage (Turkey) Whipped Butter Syrup
<i>Alternatives</i>			Vegetarian Sausage	Vegetarian Sausage

### All Breakfasts include:

**Cereal bar:** Raisin Bran, Corn Flakes, Cheerios (gluten free), Granola, 2% milk, Soy milk

**Fruit Basket:** Banana, Oranges, apples

**Juice:** Apple or Orange



## Dinner

	Baked Chicken	Pizza
<i>Ingredients</i>	Baked Chicken (contains gluten) Garlic Mashed Potatoes (contains dairy) Steamed Broccoli Multigrain Rolls Whipped Butter Cole Slaw Apple Cake	Pizza (Pepperoni, Cheese, Green Pepper and Onion) (contains dairy and gluten) Chopped Romaine Salad Bar (Onions, Green peppers, Garbanzo beans, Black olives) 3 dressings (ranch, italian, sweet and sour onion) Chocolate Cake
<i>Alternatives</i>	Plain chicken Lentil dahl	

	Pasta	Teriyaki Chicken	Burrito Bar
<i>Ingredients</i>	Penne Pasta Turkey Tomato sauce Green Beans Garlic Bread Chopped Romaine 3 dressings (ranch, italian, sweet and sour onion) Chocolate Cake	Teriyaki Chicken (contains soy) Steamed Calrose Rice (contains soy) Stir Fry Vegetables (Carrots, Onions, Broccoli, Green Peppers, Celery) Sesame Slaw (contains soy) Gingerbread	Wheat Tortillas Refried Beans Black beans Spanish rice Boiled Corn Burrito Fixings (cut tomato, Shredded Romaine, Shredded Cheddar, Diced Onions, Diced Green, Peppers, Black Olives, Sour Cream, Salsa, Jalapenos)
<i>Alternatives</i>	Gluten Free pasta Veggie Tomato sauce	Plain chicken	Corn tortillas

### All Dinners Include:

**Fruit Basket:** Banana, Oranges, apples

Water to drink