

BREAKFAST 7AM TO 11AM LUNCH/DINNER 11AM TO 11PM



### Bright-Eyed Breakfast

Assorted Dry Cereals  
Choose from a selection, including gluten free Rice Chex 5.50

Low-fat Yogurt and Fruit 5.50

Vanilla Yogurt and Fresh Fruit 5.50

Buttermilk Pancakes  
Served with bananas or berries, and maple syrup 9

Build Your Own Oatmeal  
Choose assorted nuts or berries as toppings 6.50

Breakfast Egg and Ham Quesadilla  
Crispy corn tortilla, tomato garnish 9

Ham and Cheese Omelet  
Diced ham, cheddar cheese, whole grain toast 7.50

### Dig In for Lunch and Dinner

Warm Up with a Cup of Soup 5.50

Pita Chips and Hummus  
Served with crisp vegetables 7

Grilled Chicken Salad  
Lettuce, tomato, cucumber, and carrots with lemon dressing 8.50

That's Using Your Noodle  
Whole wheat pasta with grilled chicken and broccoli in tomato sauce 8.50

Flat Bread Pizza  
Whole wheat pita, low-fat cheddar, ham, broccoli and mushroom 8.50

Chicken Vegetable Stir Fry  
Garden vegetables and chicken in teriyaki sauce 6.50

Kid Burger  
Have it plain or add cheddar cheese and bacon. Choice of carrot and celery sticks, apple slices or French fries 9.50

Grilled Chicken and Vegetables  
Marinated grilled chicken served with market vegetables 8.50

You'll Gobble, Gobble It Up  
Sliced turkey mini-wiches on whole grain with cheddar cheese, lettuce and tomato. Served with vegetable sticks 7.50

### SAVE ROOM FOR DESSERT

A Scoop of Ice Cream  
Chocolate, vanilla or strawberry 4.50

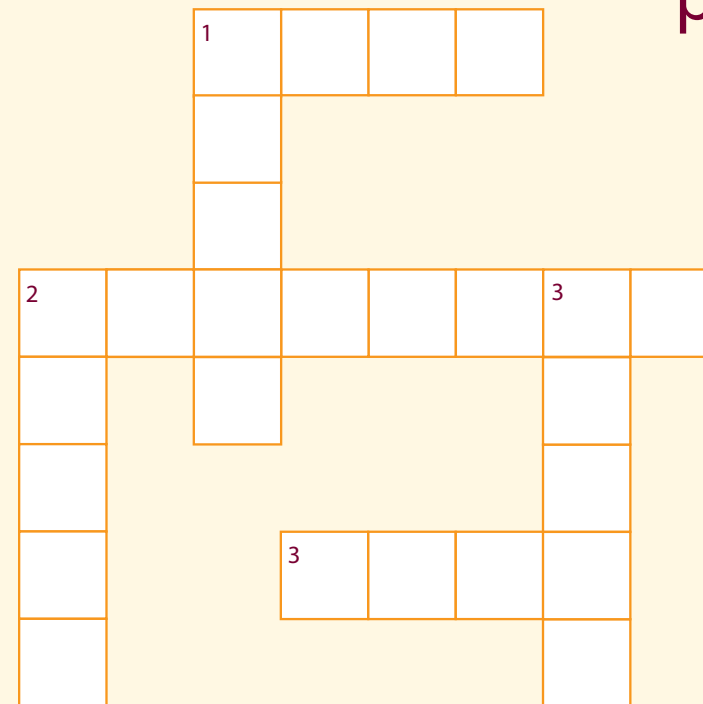
Vanilla Yogurt Milk Shake  
Made with low-fat yogurt and milk 5.50

Warm Double-Chocolate Pecan Brownie  
With a small scoop of ice cream 7.50

Bowl of Fresh Fruit 5

# kid's stuff

# word play



#### Down

1. This is a really, really big body of water.
2. I've got rows and rows of sharp teeth.
3. You can use these to cross the sea.

#### Across

1. It's the other name for a killer whale.
2. I've got 5 legs and a name that twinkles.
3. SOS means you're asking for...





something

# fishy

T	T	E	K	E	L	P	J
C	U	A	N	L	X	O	M
S	N	R	S	E	O	L	S
H	A	W	T	J	R	L	Q
R	I	U	I	L	G	A	U
I	R	J	D	F	E	C	I
M	A	O	E	B	E	S	D
P	Q	W	H	A	L	E	A

Can you catch all the hidden words?

- SQUID
- SHRIMP
- TUNA
- TURTLES
- EEL
- SCALLOP
- KELP
- WHALE

