



# YOUTH

## SAMPLE MENU

### BREAKFAST

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Fresh Fruit and Yogurt Bar  
Oatmeal  
Plain Scrambled Eggs  
Home Fries  
Homemade Belgium Waffles  
Sausage Links

### LUNCH

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Two Salads  
Hamburgers  
Waffle Fries  
PB&J Bar  
Fresh Fruit  
Chocolate Chip Cookies

### DINNER

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Two Salads  
Barbecue Chicken  
Homemade Mac N' Cheese  
Dinner Rolls  
Sautéed Green Beans  
Chocolate Pudding Trifle