

Pigeon Point Menu

1st Dinner: “Make Your Own” Burritos Your choice of the following on a flour tortilla*: Ground Turkey, refried beans, lettuce, avocado***, cilantro, green onions, salsa, cheese, olives, sour cream, tortilla chips Lemonade	1st Breakfast: Scrambled eggs with or without cheese English Muffins (contains dairy and gluten, options available) Assorted cold cereal* with milk and soy milk Fruit salad (apple, orange, banana, grapes) Orange juice Optional strawberry jelly, yogurt, butter****, sunbutter, ketchup, tapatio
1st Lunch: Cheese**** Turkey** Wheat Thins* Fig bar Carrots Apple or orange	2nd Dinner: Spaghetti Night Your choice of ground turkey or vegetarian tomato sauce with wheat pasta* Lettuce, tomato, olives, parmesan cheese, ranch or balsamic dressing Garlic French bread* Lemonade
2nd Breakfast: Honey Wheat Pancakes* with Syrup Assorted cold cereal* with milk and soy milk Fruit salad (apple, orange, banana, grapes) Orange juice Optional strawberry jelly, yogurt, butter****, sunbutter	2nd Lunch: Sunbutter& Jelly Sandwiches* String cheese Apple or orange

*gluten free option available

**vegetarian option available

***Dependent upon availability

****dairy free option available