



Frick Family Day  
February 11, 2012

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## Children's Menu

### Spaghetti and Meatballs

Fresh whole wheat pasta, raw tomato sauce, turkey meatballs,  
with parmesan cheese and garlic toast

### Peanut Butter and Jelly

Whole wheat bread, organic peanut butter, house made low  
sugar strawberry jelly, served with carrot and celery sticks

### Mac and Cheese

Curly pasta, Greek yoghurt cheddar cheese sauce,  
with spinach and toasted breadcrumbs

### Chicken Salad

Diced chicken breast, with celery, apricots, walnuts, and Greek  
yoghurt, with lettuce, tomato, and 7 grain bread,  
served with carrot and celery sticks