Heart-Healthy

Breakfast Includes Side Item

Bacon, Sausage or Fresh Fruit Cup

Selection Of Cereals \$8 Raisin Bran, Cheerios, Special K or Frosted Flakes Whole, Skim, Soy or Almond Milk

Breakfast Sandwich \$7 Two Eggs + Cheddar Cheese or American Cheese English Muffin or Buttermilk Biscuit

Little Chef \$9 Two Eggs + Plain or Chocolate Chip Silver Dollar Pancake or Hash Browns

French Toast Sticks \$8

LOCAL FLAVOR

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- Virginians are known for putting salt on watermelon
- Virginia is among the top states for apple production, with about 25 varieties grown
- Virginia is home to the famous peanut soup

DID YOU KNOW...?

- Charles Feltman, a German-American Baker, invented the hot dog at Coney Island around 1867.
- Popcorn explodes because each kernel has a perfect drop of water inside it. Your microwave quickly raises that water to the steaming point, and the pressure of the steam rips open the hull and inflates the starchy mush inside.
- Ripe cranberries will bounce like rubber balls.
- The average strawberry has about 200 seeds on it. Each seed that grows into a plant can produce about 24 large strawberries every year.



Mains Include Snack Item

Junior Chef Burger \$8

Grass-Fed Beef + Lettuce + Tomatoes + Pickles + Brioche Bun Cheddar Cheese or American Cheese

Chicken Tenders \$7

Southern-Style Hand-Breaded Chicken Tenders Honey Mustard, Barbecue or Ranch Dipping Sauce

Mac & Cheese \$6 Cavatappi Pasta + Creamy Cheddar Cheese Sauce

Junior Chef Salad \$5 Baby Tomatoes + Cucumbers + Mixed Greens + Carrots + Croutons Ranch, Italian or Balsamic Dressing

PB&J \$6 Sliced Brioche Bread Grape Jelly or Strawberry Jelly

CKS to 10PM

French Fries \$3

Junior Chef Fruit Cup \$3

Chips \$3

Steamed Veggies \$3

E T S to 10PM

Milk 'n' Cookies \$5

Triple Chocolate Chip Cookies Whole, Skim, Soy or Almond Milk

Junior Chef Ice Cream Sundae \$5

Scoop of Chocolate or Vanilla Ice Cream + Chocolate Syrup Caramel + Sprinkles + Cherry on Top

Root Beer Float \$5

Old Dominion Root Beer + Vanilla Ice Cream

Juice \$4

Apple, Orange or Cranberry

Assorted Soda \$3 Coke, Sprite or Ginger Ale

Milk \$3

Chocolate or Regular Dairy Substitute Available Upon Request

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