

The Regrettable Experience — Children's Menu

Entrees:

1. CHICKEN NUGGETS

- **Description:** Crispy chicken nuggets served with a side of ketchup or ranch dressing.
- **Allergens:** Gluten (in the coating), possible Soy.
- **Suitable for Vegetarians:** No

2. MACARONI AND CHEESE

- **Description:** Classic macaroni pasta smothered in creamy cheese sauce.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** Yes

3. MINI CHEESE QUESADILLAS

- **Description:** Small flour tortillas filled with melted cheese, served with a mild salsa.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** Yes

4. PEANUT BUTTER AND BANANA SANDWICH

- **Description:** Peanut butter and banana slices on whole wheat bread.
- **Allergens:** Nuts (peanut), Gluten.
- **Suitable for Vegetarians:** Yes (if using vegetarian peanut butter)

5. VEGGIE PITA POCKETS

- **Description:** Mini whole wheat pita pockets filled with hummus, cucumber, and cherry tomatoes.
- **Allergens:** Gluten, possible Soy.
- **Suitable for Vegetarians:** Yes

Mains:

1. MINI CHEESEBURGERS

- **Description:** Small beef patties topped with cheese, served on mini buns.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** No

2. FISH STICKS

- **Description:** Breaded fish sticks served with tartar sauce.
- **Allergens:** Gluten (in the breading), possible Soy.
- **Suitable for Vegetarians:** No

3. GRILLED CHEESE SANDWICH

- **Description:** Melted cheese between slices of buttered bread, grilled to perfection.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** Yes

4. SPAGHETTI WITH MARINARA SAUCE

- **Description:** Kid-friendly spaghetti noodles topped with tomato marinara sauce.
- **Allergens:** Gluten.
- **Suitable for Vegetarians:** Yes

5. MINI PITA PIZZA

- **Description:** Small pita bread topped with tomato sauce, cheese, and favorite toppings.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** Yes

Desserts:

1. MINI ICE CREAM SUNDAE

- **Description:** A scoop of vanilla ice cream with chocolate sauce and rainbow sprinkles.
- **Allergens:** Dairy.
- **Suitable for Vegetarians:** Yes

2. FRUIT KABOBS

- **Description:** Fresh fruit chunks on skewers for a fun and healthy dessert.
- **Allergens:** None.
- **Suitable for Vegetarians:** Yes

3. CHOCOLATE CHIP COOKIE BITES

- **Description:** Bite-sized chocolate chip cookies.
- **Allergens:** Dairy, Gluten.
- **Suitable for Vegetarians:** Yes

4. BANANA SPLIT

- **Description:** Sliced banana with scoops of strawberry, chocolate, and vanilla ice cream, topped with whipped cream and a cherry.
- **Allergens:** Dairy.
- **Suitable for Vegetarians:** Yes

5. JELLO CUPS

- **Description:** Colorful and wiggly gelatin cups.
- **Allergens:** None.

- **Suitable for Vegetarians:** Yes