

Children's Menu

Farmers' Market Café

Breakfast

Comes with choice of milk, water or 100% juice.

	Calories	Saturated Fat Grams
Egg-stra Good Morning \$2.25 Hardboiled egg, fresh whole fruit and a mini-muffin, mini-bagel or 1 slice toast	200-245	1-2
Mighty Trio \$4.25 Mini-bagel with peanut butter or cream cheese, yogurt, fresh whole fruit	365-390	3-4
Fruit Squeeze \$4.25 Yogurt or low-fat cottage cheese, squeezable fruit pouch and mini-muffin or mini-bagel	200-325	1-2

Smoothies \$2.00 (\$2.50 with protein)

6 oz. serving made with fresh ingredients and Greek yogurt or dairy alternative. Adding a scoop of whey protein is optional.

Strawberry Banana Banana strawberry, Greek yogurt, skim milk	119	2
Mixed Berry Banana, strawberry, marionberry, blueberry, Greek Yogurt, skim milk	145	2
Peanut Butter Banana Banana, peanut butter, Greek yogurt	374	2
Orange Cranberry Banana, dried cranberry, Greek yogurt, orange juice	314	2
Lemon Blueberry Banana, blueberry, Greek yogurt, lemon juice	172	2

Sandwiches

All children's sandwiches are half the size of a regular portion. Signature sandwiches are also available on flat bread. Comes with your choice of milk, water or 100% juice.

PB&J Combo \$4.25 Natural peanut butter and jelly on whole grain bread, squeezable fruit pouch	380	1.5
Souper Douper \$3.25 Seasonal soup, slice of whole grain bread	Varies	Varies
The Lunch Bunch \$4.25 ½ salad OR ½ sandwich and 6-ounce smoothie	Varies	Varies

Flavored Water

Tap water is FREE of charge.

Vero Water \$1.00 (16 oz.) Pure, crisp, fresh sparkling or still water with fruit or herb essence.	0	0
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My Smart Choice

All Farmers' Market Café selections are My Smart Choice items that represent healthy food and beverage options that meet specific criteria suggested by the Dietary Guidelines for Americans and Choose MyPlate.

UWHealth

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