



WE ARE YOUR SCHOOLS

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FORT WAYNE COMMUNITY SCHOOLS

**Vegetarian Meal Request Form**

FWCS Nutrition Services is offering an alternate menu to meet the needs of schoolchildren (grades K–5) with vegetarian dietary restrictions. A vegetarian menu consists of vegetables, fruits, grains, nuts, and some animal products such as milk, cheese, and eggs. Below is a sample of the vegetarian menu.

Yogurt	Black Bean Dip	Vegetarian	Cheese Omelet	Egg & Cheese
Granola	Tortilla Chips	Cheesy Chili	Pancakes	Burrito
Fresh Broccoli	Salsa	Sweet Potato	Fresh Celery	Whipped
Baby Carrots	Kiwi	Tots	Grape Tomatoes	Potatoes
Fruit Cocktail	Banana Bread	Cucumbers	Spiced Apples	Strawberries &
Milk	Milk	Banana	Milk	Pineapple
		Whole Wheat Roll		Chocolate Cake
		Milk		

Please check the appropriate box below:

I would like my child to receive a vegetarian meal every day

I will review the regular menu and pack my Student's lunch when needed

Student Name: \_\_\_\_\_

Elementary School: \_\_\_\_\_

Monthly menus are available on the FWCS website, <http://foodservice.fwcs.k12.in.us/menus.php>

Return to your cafeteria manager, send to Nutrition Services at the address, or fax number listed below:

*Nutrition Services*

3211 West Ludwig Road • Fort Wayne, IN 46818 • Phone: 260.467.2058 • Fax: 260.467.2680