



WE ARE YOUR SCHOOLS

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 Tots	Fresh Celery	Whipped
Baby Carrots	Kiwi	Cucumbers	Grape	Potatoes
Fruit Cocktail	Banana Bread	Banana	Tomatoes	Strawberries &
Milk	Milk	Whole Wheat Roll	Spiced Apples	Pineapple
		Milk	Milk	Chocolate Cake

By checking the box below your student will receive a vegetarian meal every day:

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

Student Name: _____

Elementary School: _____

Monthly menus are available on the FWCS website, <https://fortwayneschools.org/foodservice>

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