



by *Wegmans*

Kid's Menu

Great options for guests under age 9

Cheese Pizza 7.
mozzarella, tomato sauce

Pepperoni Pizza 8.
pepperoni, mozzarella, tomato sauce

Spaghetti and Meatball 7.
Italian Classics pasta, tomato sauce,
Parmigiano Reggiano

Chicken Tenders 7.
crispy chicken, dipping sauce, served with
French fries

Macaroni & Cheese 6.
ditalini, creamy blended white cheese

Vegetable of the day 4.

Activity 1:

How well do you know your veggies?

Try to match the vegetables pictured with their description.

 <p>Arugula</p>	<p>A member of the parsley family, I am orange, wear a green hat and live underground.</p>	 <p>Kale</p>
 <p>Carrots</p>	<p>I have "flower" in my name – maybe my tiny white florets look like flowers.</p>	 <p>Butternut Squash</p>
 <p>Cauliflower</p>	<p>I look like a small head of cabbage because I am part of the cabbage family.</p>	 <p>Corn</p>
 <p>Brussels Sprouts</p>	<p>I am sweet and delicious baked or mashed.</p>	 <p>Sweet Potatoes</p>
	<p>I am green on the outside and yellow on the inside. Pop goes my kernel!</p>	
	<p>You may not know me yet, but you'll love my peppery taste in salads: plus I have 3X the vitamin C of spinach!</p>	
	<p>I am known as a "cooking green" because my coarse leaves keep their texture and don't shrink when cooked.</p>	
	<p>Native Americans taught early settlers how my thick, hard shell kept me fresh long after harvest.</p>	

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Activity 2:

What can you find at the Wegmans Organic Farm? Grab your crayons and get coloring.

Earthworms tunnel through the soil, making it light and airy for plants to spread their roots.

Honey bees help pollinate flowers. Pollination helps plants make fruit, vegetables and seeds.

Ladybugs protect plants by eating plant-destroying pests such as aphids, scales and mealybugs.

Organic farmers protect soil, water and air quality.

Seedlings are baby plants. Can you find them?

Asparagus are the stems of the asparagus plant.

Broccoli is the flower of the broccoli plant.

Cabbages are the edible leaves of the cabbage plant.

Carrots are the roots of the carrot plant.

Pumpkins are the fruit of the pumpkin plant.