

	Breakfast 8am	9:45am Snack	Lunch 12-12:30pm	3pm Snack	Dinner 5-6pm	8pm Snack
Mon	<ul style="list-style-type: none"> • 2/3 cup choice of dry cereal • ½ cup milk • 1 soft boiled egg • 2/3 cup orange juice 	<ul style="list-style-type: none"> • ½ cup apple wedges • 2 oz cheese • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1 cup old fashioned chicken noodle soup • 4 crackers • ¼ cup tuna fish on bed of lettuce • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1 real fruit Popsicle • choice of 8oz beverage 	<ul style="list-style-type: none"> • 3 oz country style fried chicken • ½ cup succotash • ½ cup steamed broccoli • choice of 8oz beverage • 2" square brownie 	<ul style="list-style-type: none"> • ½ cup yogurt • ¼ cup fruit slices • choice of 8oz beverage
Tue	<ul style="list-style-type: none"> • 1/3 cup oatmeal • ½ cup milk • 5 banana slices • 1 slice whole grain toast • 1 tbsp fruit jam • 2/3 cup grapefruit juice 	<ul style="list-style-type: none"> • ½ cup Veggie slices • ¼ cup veggie dip 	<ul style="list-style-type: none"> • 3 oz hamburger • 1 tomato slice • 1tbsp ketchup • 1 cup tossed salad • 1 tbsp choice of dressing • ½ cup milk 	<ul style="list-style-type: none"> • 2" crumb cake square • ½ cup milk 	<ul style="list-style-type: none"> • 3 oz deep fried filet of sole • ½ cup chef salad • ½ cup baked potato • 2 tsp butter or margarine • choice of 8oz beverage • 1/3 cup pineapple wedges 	<ul style="list-style-type: none"> • 1/2 cup fruit salad • 2" lemon cake square • choice of 8oz beverage
Wed	<ul style="list-style-type: none"> • French toast (2 slices) • 2 tbsp maple syrup • 2 tsp butter or margarine • 2 oz bacon • ½ cup fruit salad • 2/3cup white cranberry juice 	<ul style="list-style-type: none"> • ½ cup seedless grapes • choice of 8oz beverage 	<ul style="list-style-type: none"> • chicken salad (1/3 cup) sandwich • ½ cup spinach salad • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1/2 cup fruit yogurt • choice of 8oz beverage 	<ul style="list-style-type: none"> • 3 oz New York steak • 2 tsp steak sauce • ½ cup mashed potato • 2 tsp butter or margarine • ½ cup steamed carrots • choice of 8oz beverage • 2 " square coffee cake 	<ul style="list-style-type: none"> • 2" lemon cake square • choice of 8oz beverage
Thu	<ul style="list-style-type: none"> • 1 egg omelet with 2 oz cheddar cheese • 3 oz sausage patty • ½ cup strawberries • 2 tbsp cream • 2/3 cup orange juice 	<ul style="list-style-type: none"> • 1 yogurt Popsicle • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1 frankfurter • 1/3 cup baked beans • 1/3 cup pickled green beans • ½ cup fruit salad • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1 granola bar • choice of 8oz beverage 	<ul style="list-style-type: none"> • 3 oz crab cakes • 2 tsp tartar sauce • ½ cup green beans • 4 orange wedges • ½ slice Italian bread • choice of 8oz beverage • ½ cup fruit cocktail 	<ul style="list-style-type: none"> • 1/4 cup tapioca pudding • choice of 8oz beverage
Fri	<ul style="list-style-type: none"> • 1 egg over easy • 2 slice rye toast • 2 tsp butter or margarine • ½ cup melon balls • 2/3 cup milk 	<ul style="list-style-type: none"> • ½ cup vegetable slices • ¼ cup vegetable dip • choice of 8oz beverage 	<ul style="list-style-type: none"> • ½ cup pasta salad • 1 cup cream of broccoli soup • 4 crackers • choice of 8oz beverage 	<ul style="list-style-type: none"> • 1 cup popcorn • 1 tbsp melted butter or margarine • ½ cup milk 	<ul style="list-style-type: none"> • 3 oz baked chicken breast • 1 cup chef salad • 1/3 cup creamed corn • choice of 8oz beverage • ½ cup fruit yogurt 	<ul style="list-style-type: none"> • ½ cup apple wedges • 2 oz cheese • choice of 8oz beverage
Sat	<ul style="list-style-type: none"> • 2 pancakes • 2 tbsp maple syrup • 2 tsp butter or margarine • 2 oz bacon • 2/3 cup milk 	<ul style="list-style-type: none"> • 1 cinnamon twister roll • choice of 8oz beverage 	<ul style="list-style-type: none"> • tuna (1/3 cup) melt sandwich with ¼ cup cheddar cheese • ½ cup apple wedges • tossed salad • 1 tbsp choice of dressing • choice of 8oz beverage 	<ul style="list-style-type: none"> • ½ cup peaches • 2 tbsp cream • choice of 8oz beverage 	<ul style="list-style-type: none"> • 3 oz pot roast • 1 slice bread • 2 tsp butter or margarine • 1/3 cup steamed spinach • choice of 8oz beverage • ¼ cup choc pudding 	<ul style="list-style-type: none"> • ½ cup strawberries • 2 tbsp cream
Sun	<ul style="list-style-type: none"> • ½ cup choice of dry cereal • ½ cup milk • 1 soft boiled egg • ½ cup fruit salad • 2/3cup orange juice 	<ul style="list-style-type: none"> • ½ cup banana slices • ¼ cup milk • choice of 8oz beverage 	<ul style="list-style-type: none"> • roast beef (3 oz) sandwich • 2 tsp mayo • ½ cup vegetable slices • 2 tbsp vegetable dip • choice of 8oz beverage 	<ul style="list-style-type: none"> • 4 tbsp canned chicken spread • 4 crispy crackers • choice of 8oz beverage 	<ul style="list-style-type: none"> • 3 oz barbecue beef on a Kaiser roll • ½ cup potato salad • ½ cup green peas • ½ cup milk • 1 slice cherry pie 	<ul style="list-style-type: none"> • 1 granola bar • choice of 8oz beverage