

BREAKFAST

A. Bread (choose 1)

B. Fruit (choose 1)

C. Cereal (skim or whole milk)

D. Condiments

E. Beverage

(choose 1 standard or 2 juices)

LUNCH

Main Item (choose 1)

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BREAKFAST

A. Breads (choose 1)

Bagel, Muffin, Chocolate Donut or Vanilla Donut

B. Fruit (choose 1)

Banana, Apple or Orange

D. Condiments

Cream Cheese, Butter, Jelly

E. Beverages

(choose 1 standard or 2 juices)

Standard: Diet Pepsi, Pepsi, Ginger Ale, Iced Tea or Bottled Water

Juices: Orange, Cranberry or Apple

LUNCH & DINNER ITEM

F. Two Sandwiches

Turkey, Lettuce & Tomato
Chicken Salad, Lettuce & Tomato
Ham, Cheese, Lettuce & Tomato
Tuna Salad, Lettuce & Tomato
Peanut Butter & Jelly

G. One Overstuffed Sub

Italian, Ham & Cheese or Turkey

H. One Wrap

Veggie, Italian or Chicken Caesar

I. One Large Salad

Chicken Caesar, Jerk Chicken, Chef or Caesar

J. Condiments

Mayonnaise, Mustard

K. Salad Dressing (choose 1)

Ranch, Caesar, French, Honey Dijon, 1000 Island, Italian

L. Optionals (choose 1)

Carrots & Celery Sticks, Chips, Granola Bar or Pretzels

M. Dessert (choose 1)

Apple, Orange, Banana, Assorted Cookies or Assorted Cakes

N. Beverages

(choose 1 standard or 2 juices)

Standard: Diet Pepsi, Pepsi, Ginger Ale, Iced Tea or Bottled Water

Juices: Orange, Cranberry or Apple