

Menu 1

BREAKFAST

- 2 bowls of Lucky Charms cereal (each bowl = 1 cup serving)
- 1 cup 2% reduced fat milk
- 1 cup black coffee

SNACK

- Several “handfuls” of Ritz crackers (about 15 crackers)

LUNCH

- Bologna sandwich on white bread (2 slices bologna, 2 slices bread)
- 1 medium banana
- 3 Oreo cookies
- 12 ounces iced tea with 2 packets of sugar

DINNER

- Spaghetti with meatballs (2 cups cooked spaghetti noodles, 1 cup tomato sauce, 4 one-ounce meatballs)
- Tossed salad (iceberg lettuce, shredded carrots, and dressing)
- 12 ounces iced tea with 2 packets of sugar

SNACK

- 1 slice of apple pie (1/6” of a nine-inch pie)



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Menu 2

BREAKFAST

- 4 Eggo brand buttermilk frozen waffles with 2 tablespoons syrup
- 2 eggs, scrambled
- 1 cup calcium-fortified orange juice

SNACK

- 5 donut holes from the break room

LUNCH

- 2 cups Chicken-fried rice (chicken, white rice, mixed vegetables)
- 1 medium-size vegetable spring roll
- 16 ounces diet Coke

DINNER

- 3 slices beef pot roast (each slice = 2 ounces) with gravy
- 1 large baked potato with 1 tablespoon sour cream
- 1 white dinner roll with 1 pat of butter
- ½ cup green beans
- 8 ounces 2% reduced fat milk

SNACK

- 1 cup of vanilla ice cream with 2 chocolate chip cookies



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Menu 3

BREAKFAST

- Breakfast burrito (1 large flour tortilla – 10" diameter) stuffed with 2 scrambled eggs, 3 ounces sausage, and ½ cup vegetables
- 1 cup coffee with 2 teaspoons cream and 1 sugar packet

SNACK

- Nutri-grain cereal bar (strawberry flavor)

LUNCH

- Chef Boyardee Beefaroni (1 15-ounce can, about 2 servings)
- 1 medium apple
- 12 ounce can of regular Coke

DINNER

- 10 frozen fish sticks, breaded, cooked in the oven
- 2 cups Kraft macaroni and cheese (blue box)
- ½ cup cooked carrots
- 8 ounces of 1% low fat chocolate milk

SNACK

- Tortilla chips (about 20) with salsa



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