

Meal Information Sheet – Packet 1

Breakfast

4 pancakes (4-inch diameter)
¼ cup syrup
2 pats of butter
1 cup of whole milk

Lunch

Breaded fish sandwich on bun with cheese and tartar sauce
Potato chips (about 28 chips)
½ cup canned peaches (in heavy syrup)
1 cup of chocolate milk

Dinner

2 pork chops (pan-fried)
1 cup mashed potatoes with gravy
Tossed salad with ranch dressing
½ cup gelatin cubes
Ice water

Snack

Crunchy granola bar
Medium banana



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Meal Information Sheet – Packet 2

Breakfast

2 fried eggs
2 biscuits
2 teaspoons strawberry jelly
1 cup of fat free milk

Lunch

15 oz. chicken noodle soup
10 soda crackers
1 medium apple
12 oz. diet cola

Dinner

6 breaded chicken nuggets (baked)
14 French fries (baked) with ketchup
 $\frac{1}{2}$ cup corn (from a can)
1 white dinner roll
12 oz. diet cola

Snack

6 oz. frozen vanilla yogurt
 $\frac{1}{2}$ cup frozen blueberries



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Meal Information Sheet – Packet 3

Breakfast

1 large whole wheat Belgian-style waffle
½ cup sliced strawberries
4 oz. low fat strawberry yogurt
1 cup orange juice

Lunch

Turkey sandwich (whole wheat bread)
1 medium pear
1 stick string cheese
12 oz. unsweetened iced tea with lemon

Dinner

4 oz. grilled salmon
1 medium baked potato with 1 tablespoon sour cream
1 cup steamed broccoli and carrots
1 whole wheat dinner roll
12 oz. unsweetened iced tea with lemon

Snack

6 graham cracker squares
2 tablespoons peanut butter
15 green grapes



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Meal Information Sheet – Packet 4

Breakfast

1 medium plain bagel
2 oz. cream cheese
2 scrambled eggs
1 cup 2% milk

Lunch

Peanut butter & jelly sandwich (white bread)
½ cup fruit cocktail (in heavy syrup)
8 pretzels
1 cup low fat chocolate milk

Dinner

Spaghetti & meatballs (1 cup cooked pasta)
½ cup green beans (frozen)
1 slice white bread with garlic butter
Ice water

Snack

¾ cup homemade trail mix
(cheddar crackers, raisins, and peanuts)



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