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
## 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
- ½ cup corn (from a can)
- 1 white dinner roll
- 12 oz. diet cola

### Snack
- 6 oz. frozen vanilla yogurt
- ½ 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
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)