

Example Daily Menu

Breakfast:

- Orange Juice
- Scrambled Eggs
- Hash Browns
- Yogurt

Lunch:

- Water or Iced Tea
- Sandwich
 - Turkey or Ham
 - Wheat Bread
 - Lettuce
 - Tomato
 - Mayo
- Fruit Salad
- String Cheese

Dinner:

- Water or Iced Tea
- Meatloaf
- Mashed Potatoes
- Side Salad
- Baked Apples

Snacks:

- Granola Bar
- Apples and Peanut Butter