



Sample Menu

NOTE: You may have 1 piece of fruit or 1 cup of milk as a snack if the snacks below are too much.

<p>Breakfast 2 eggs 2 tortillas</p>	<p>Breakfast 2 sausage links 1 egg 2 Eggo® waffles w/ sugar-free syrup & butter</p>	<p>Breakfast 1 egg w/ ham & cheese 1 English muffin</p>	<p>Breakfast Grilled cheese sandwich: 2 slices cheese 2 slices bread</p>	<p>Breakfast 1 cup hot cereal (not instant) w/ Splenda® ¼ cup walnuts</p>
<p>Snack 5 Triscuits® 1oz. cheese small apple</p>	<p>Snack ½ ham & cheese sandwich 1 cup melon</p>	<p>Snack 1 tortilla 1 oz. cheese 6 oz. light peach yogurt</p>	<p>Snack 1 chicken leg ½ cup noodles salad w/ dressing</p>	<p>Snack 1 beef taco w/ salsa ½ cup mango</p>
<p>Lunch Chicken breast small baked potato w/ butter 1 cup green beans 1 small peach</p>	<p>Lunch Spaghetti: 1 cup noodles ½ cup tomato sauce (no added sugar) 3 oz. ground beef or other meat 1 small orange</p>	<p>Lunch Turkey & cheese sandwich on sliced bread mayonnaise/mustard 1 oz. potato chips or 1 piece of fruit</p>	<p>Lunch Cheeseburger w/ no catsup 5 -10 small fries green salad w/Italian dressing</p>	<p>Lunch Steak 1 cup cooked rice 1 cup broccoli</p>
<p>Snack 3 sugar free cookies ¼ cup nuts 1 cup milk</p>	<p>Snack 6 wheat crackers 1oz. cheese ½ small banana</p>	<p>Snack ¼ cup cottage cheese 1 peach 6 crackers</p>	<p>Snack 1 tbsp peanut butter 6 crackers 1 small orange</p>	<p>Snack ¼ cup tuna w/ mayonnaise 1 slice of bread No sugar added Eskimo pie bar</p>
<p>Dinner Salmon 1 cup rice ½ cup carrots salad</p>	<p>Dinner Tacos: ¾ cup of meat 3 taco shells lettuce, tomato, cheese, sour cream, salsa</p>	<p>Dinner Baked pork chop 1 cup mashed potato cooked carrots salad</p>	<p>Dinner 2 regular slices of pizza salad</p>	<p>Dinner 6" Subway® sandwich w/ extra meat & cheese No chips</p>
<p>Snack ½ cup no-sugar added ice cream ¼ cup nuts 3 sugar-free cookies</p>	<p>Snack Peanut butter 6 saltine or Ritz® crackers 10 small grapes or 1 cup milk</p>	<p>Snack 1 plain turkey and cheese sandwich w/ mayonnaise 2 slices bread</p>	<p>Snack ¼ cup nuts 6 Ritz® crackers 1 cup milk</p>	<p>Snack 1 quesadilla 1 cup melon</p>