

**BREAKFAST**

A. Bread (choose 1)

B. Fruit (choose 1)

C. Cereal (skim or whole milk)

D. Condiments

E. Beverage

(choose 1 standard or 2 juices)

**LUNCH**

Main Item (choose 1)

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**BREAKFAST**

A. Breads (choose 1)

Bagel, Muffin, Chocolate Donut or Vanilla Donut

B. Fruit (choose 1)

Banana, Apple or Orange

D. Condiments

Cream Cheese, Butter, Jelly

E. Beverages

(choose 1 standard or 2 juices)

Standard: Diet Pepsi, Pepsi, Ginger Ale, Iced Tea or Bottled Water

Juices: Orange, Cranberry or Apple

**LUNCH & DINNER ITEM**

F. Two Sandwiches

Turkey, Lettuce & Tomato  
Chicken Salad, Lettuce & Tomato  
Ham, Cheese, Lettuce & Tomato  
Tuna Salad, Lettuce & Tomato  
Peanut Butter & Jelly

G. One Overstuffed Sub

Italian, Ham & Cheese or Turkey

H. One Wrap

Veggie, Italian or Chicken Caesar

I. One Large Salad

Chicken Caesar, Jerk Chicken, Chef or Caesar

J. Condiments

Mayonnaise, Mustard

K. Salad Dressing (choose 1)

Ranch, Caesar, French, Honey Dijon, 1000 Island, Italian

L. Optionals (choose 1)

Carrots & Celery Sticks, Chips, Granola Bar or Pretzels

M. Dessert (choose 1)

Apple, Orange, Banana, Assorted Cookies or Assorted Cakes

N. Beverages

(choose 1 standard or 2 juices)

Standard: Diet Pepsi, Pepsi, Ginger Ale, Iced Tea or Bottled Water

Juices: Orange, Cranberry or Apple