### Breakfast Tomorrow

- **Circle up to 2 Entrees**
  - Scrambled Eggs
  - Egg and Cheese Sandwich
  - Two Pancakes with Syrup

- **Circle up to 3 Sides**
  - Cream of Wheat
  - Cheerios
  - Hashbrown Patty
  - Pork Sausage Link
  - Blueberry Crumb Muffin
  - Banana Bread

- **Circle up to 2**
  - Banana
  - Cantaloupe

- **Beverages (limit 3 drinks per meal)**
  - Orange Juice
  - Apple Juice
  - Skim Milk
  - Coffee

- **Condiments (circle all needed for meal)**
  - Sugar
  - Butter
  - Jelly
  - Salt
  - Ketchup

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### Lunch Tomorrow

- **Circle up to 1 Entree**
  - Vegetable Pizza
  - Chicken Salad on Wheat (toppings below)
  - Cheeseburger (toppings below)

- **Circle up to 3 Sides**
  - Cottage Cheese
  - French Fries
  - Corn
  - Mixed Greens Salad
  - Fresh Pineapple
  - Parfait with Berries

- **Circle up to 1 Dessert**
  - Chocolate Brownie

- **Beverages (limit 3 drinks per meal)**
  - Skim Milk
  - Coffee
  - Sugar

- **Condiments (circle all needed for meal)**
  - Splenda
  - Margarine
  - Sugar Free Jelly
  - Salt Free Seasoning
  - BBQ Sauce

**Sandwich Toppings:**
- Lettuce
- Tomato
- Onion
- Pickle

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### Dinner Tomorrow

- **Circle up to 1 Entree**
  - Meatloaf
  - Chicken Tenders (2)
  - Grilled Cheese

- **Circle up to 3 Sides**
  - Tomato Soup
  - Dinner Roll
  - Mashed Potatoes
  - Mixed Vegetables
  - Mixed Greens Salad
  - Apple Slices

- **Circle up to 1 Dessert**
  - Jello
  - Vanilla Pudding

- **Beverages (limit 3 drinks per meal)**
  - 1% Milk
  - Decaf Coffee
  - Coffee

- **Condiments (circle all needed for meal)**
  - Creamer
  - Peanut Butter
  - Sugar Free Jelly
  - Salt Pepper

**Sandwich Toppings:**
- Lettuce
- Tomato
- Onion
- Pickle

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**Wednesday Meal Selections**

(Week B Day 4)