### 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
- Vanilla Yogurt
- Diced Peaches
- Yogurt Parfait with Berries

**Beverages** (limit 3 drinks per meal)
- Orange Juice
- Apple Juice
- Prune Juice
- Skim Milk
- 1% Milk
- Coffee
- Decaf Coffee
- Hot Tea
- Iced Tea

**Condiments** (circle all needed for meal)
- Sugar
- Splenda
- Creamer
- Butter
- Margarine
- Peanut Butter
- Jelly
- Sugar Free Jelly
- Brown Sugar
- Salt
- Pepper
- Salt Free Seasoning
- Ketchup
- Syrup

### Lunch Tomorrow

**Circle up to 1 Entree**
- Grilled Ham and Cheese on Wheat Bread
- Tuna Salad Sandwich on Wheat (toppings below)
- Hamburger (toppings below)

**Circle up to 3 Sides**
- Cottage Cheese
- Pasta Salad
- French Fries
- Potato Chips
- Corn
- Mixed Greens Salad
  - Ranch
  - Fat Free Ranch
  - Balsamic dressing
  - French
- Apples Slices
- Grapes

**Circle up to 1 Dessert**
- Oatmeal Raisin Cookie
- Chocolate Pudding

**Beverages** (limit 3 drinks per meal)
- Skim Milk
- 1% Milk
- Chocolate Milk
- Coffee
- Decaf Coffee
- Hot Tea
- Iced Tea

**Condiments** (circle all needed for meal)
- Sugar
- Splenda
- Creamer
- Butter
- Margarine
- Peanut Butter
- Jelly
- Sugar Free Jelly
- Salt
- Pepper
- Salt Free Seasoning
- Ketchup
- BBQ Sauce
- Tartar Sauce

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

### Dinner Tomorrow

**Circle up to 1 Entree**
- Meat Lasagna
- Cheese Pizza
- Marinated Chicken

**Circle up to 3 Sides**
- Tomato Soup
- Chicken Wild Rice Soup
- Dinner Roll
- Rice
- Mashed Potatoes
- Sweet Potatoes
- Green Beans
- Mixed Greens Salad
  - Ranch
  - Fat Free Ranch
  - Balsamic dressing
  - French
- Fresh Pineapple
- Diced Peaches

**Circle up to 1 Dessert**
- Vanilla Pudding
- Chocolate Chip Cookie

**Beverages** (limit 3 drinks per meal)
- Skim Milk
- 1% Milk
- Chocolate Milk
- Coffee
- Decaf Coffee
- Hot Tea
- Iced Tea

**Condiments** (circle all needed for meal)
- Sugar
- Splenda
- Creamer
- Butter
- Margarine
- Peanut Butter
- Jelly
- Sugar Free Jelly
- Salt
- Pepper
- Salt Free Seasoning
- Ketchup
- BBQ Sauce
- Tartar Sauce

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

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**Thursday Meal Selections**

*Week A Day 5*