### Breakfast Tomorrow

**Circle up to 2 Entrees**
- Scrambled Eggs
- Cheese Omelet
- Biscuits and Gravy

**Circle up to 3 Sides**
- Oatmeal
- Cheerios
- Hashbrown Patty
- Pork Sausage Link
- Blueberry Crumb Muffin
- Banana Bread
- White Toast
- Wheat Toast

**Circle up to 2**
- Banana
- Apple Slices
- Yogurt Parfait with Berries
- Light Key Lime Pie Yogurt

### Lunch Tomorrow

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

**Circle up to 3 Sides**
- Cottage Cheese
- French Fries
- Green Beans
- Mixed Greens Salad
- -Ranch
- -Fat Free Ranch
- -Balsamic dressing
- -French
- Grapes
- Apple Slices
- Fresh Pineapple
- Diced Peaches

**Circle up to 1 Dessert**
- Chocolate Chip Cookie
- Lemon Italian Ice
- Apple Pie

### Dinner Tomorrow

**Circle up to 1 Entree**
- Bean & Cheese Enchilada (sour cream, pico de gallo)
- Cheese Pizza
- Open Face Turkey Sandwich

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

**Circle up to 1 Dessert**
- Yogurt Parfait with Berries

### 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
- Mayo
- Mustard
- Ketchup
- BBQ Sauce
- Tartar Sauce

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

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**Thursday Meal Selections**  
(Week B Day 5)