### Breakfast Tomorrow

**Circle up to 2 Entrees**
- Scrambled Eggs
- Egg and Cheese Sandwich
- Two French Toast 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
- Prune Juice
- Skim Milk
- 1% Milk
- Coffee

**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**
- Hummus on Wheat (toppings below)
- Pepperoni Pizza
- Hamburger (toppings below)

**Circle up to 3 Sides**
- Cottage Cheese
- Pasta Salad
- French Fries
- Potato Chips
- Mixed Vegetables
- Mixed Greens Salad
  - Ranch
  - Fat Free Ranch
  - Balsamic dressing
  - French
- Applesauce
- Fresh Pineapple

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

**Beverages** (limit 3 drinks per meal)
- 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
- Salt
- Pepper
- Salt Free Seasoning
- Mayo
- Mustard
- Ketchup
- BBQ Sauce
- Tartar Sauce

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

### Dinner Tomorrow

**Circle up to 1 Entree**
- Marinated Chicken
- Two slices Roast Turkey with Gravy
- Citrus Tilapia (tartar sauce)

**Circle up to 3 Sides**
- Tomato Soup
- Beef Stew
- Dinner Roll
- Rice
- Mashed Potatoes
- Sweet Potatoes
- Corn
- Mixed Greens Salad
  - Ranch
  - Fat Free Ranch
  - Balsamic dressing
  - French
- Apple Slices
- Grapes

**Circle up to 1 Dessert**
- Chocolate Brownie
- Lemon Italian Ice

**Beverages** (limit 3 drinks per meal)
- 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
- Salt
- Pepper
- Salt Free Seasoning
- Mayo
- Mustard
- Ketchup
- BBQ Sauce
- Tartar Sauce

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

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**Friday Meal Selections**

(Week B Day 6)