### Breakfast Tomorrow

**Circle up to 2 Entrees**
- Scrambled Eggs
- Cheese Omelet
- Two Pancakes with Syrup

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

**Circle up to 2**
- Banana
- Apple Slices
- Yogurt Parfait with Berries
- Strawberry Chobani Yogurt

**Beverages (limit 3 drinks per meal)**
- Orange Juice
- Apple Juice
- Cranberry Juice
- 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
- Brown Sugar
- Salt
- Pepper
- Salt Free Seasoning
- Ketchup
- Syrup
- Salt Free Seasoning

### Lunch Tomorrow

**Circle up to 1 Entree**
- Roast Beef on Wheat (toppings below)
- Grilled Chicken Sandwich (toppings below)
- Veggie Burger (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
- Diced Peaches
- Cantaloupe

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

**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

### Dinner Tomorrow

**Circle up to 1 Entree**
- Pepperoni Pizza
- Grilled Ham and Cheese
- Pot Roast with Gravy

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

**Circle up to 1 Dessert**
- Vanilla Pudding
- Lemon Italian Ice

**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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**Saturday Meal Selections**

(Week B Day 7)