

B. Fruits**B. Carbs x2**

pancake
waffles
bagels
croissant
bread
donuts
muffins
hot cereal
cold cereal

B. Protein

scrambled
quiche
cheesy eggs
egg mcMuffin
Eggs & mush.
sausage
bacon
cream cheese
omelets

Yogurt parfait
Hard boiled eggs
Sausage & gravy

Lunch Prot.

Hamburger
Ravioli
Meat Balls
Chicken a la king
Ribs
Pork Chops
Meat loaf
Turkey
Ham
Chicken parm.
Fish sticks
Turkey pot pie
Beef Stew
Chicken teryaki
Baked Salmon
Turkey over bisc
Salisbury steak
Phily Steak
Steak & Cheese
Meat sauce
Lasagna
shepher pie
BBQ chicken
sausage over bis
Tacco stuffed pep
Baked Ziti
Chicken Taouk

Lunch Veg.

Corn
Green beans
salad
Broccoli
Peas
Pumbkin
Squash
Zucchini
Carrots pureed

Lunch Carbs

bread

Noodles
potatoes
rice
mashed pot
Baked pot
Sweet pot.
Pasta

Dinner Soup

Chicken nood
Veget.
Mushroom
Split pea
cream of broccoli
Potato s.
Ham soup
Beef Vegetable
lentil soup
tomato soup
turkey rice soup
baked beans
Wedding soup
Beef noodle
Squash soup
bean soup
Cream of chicken
Vermicelli soup
Chicken rice s.

Prot.

Hot dog
Chicken nuggets
Turkey Sand.
Tuna salad Sand.
Ham Sand
Egg salad Sand
Chicken sand
pizza
sloppy Joe
Maacaroni salad
Croissant & salame
Bologne sandwich
Tortilla sandwich
Quiche
Turkey salad sand.
Grilled cheese
pinto beans

Cottage cheese
cranberry sauce