

Breakfast

Oatmeal with Applesauce
Whole Wheat English Muffin with
Jam
Light Yogurt
Pineapple Juice

Lunch

Chicken Waldorf Salad
Dinner Roll
Baby Carrots
Nonfat Milk
Cantaloupe

Snack

Light String Cheese
Kiwi

Dinner

Roasted Chicken Breast
Baked Potato
Asparagus
Tomato Spinach Salad with Balsamic
Vinaigrette
Apple Crisp Topped with Frozen
Yogurt

Breakfast

Freshly Squeezed Orange Juice
Wheaties® with Skim Milk Topped
with Ripe Raspberries
Cinnamon Raisin English Muffin with
a Schmeer of Light Cream Cheese

Lunch

Turkey and Light Swiss Cheese on
Whole Wheat, Smothered with
Cranberry Sauce,
Topped with Romaine Lettuce Leaves
Minestrone Soup
Coleslaw

Snack

Nectarine
Handful of Almonds

Dinner

Italian Bread Dipped in Olive Oil
Grilled Salmon with Barbecue Sauce
New Petite Red Potatoes
French-style Green Beans, Dusted
with Crushed Hazelnuts
Hearts of Romaine Lettuce Spiked
with Grape Tomatoes, Olive Oil
Vinaigrette
Very Berry Sundae
(Strawberries, Blueberries, and
Blackberries on Light Vanilla Frozen
Yogurt)