

## **Foods List**

### **Snack Shack**

Bananas	\$1.40
Oranges	\$2.00
Apples	\$2.00
Low fat yogurt	\$3.00
Ice Cream Cups	\$1.20
Pudding cups	\$1.80
Soda	\$3.00
Cookies	\$2.00
Bagels	\$2.40
Raisins (boxes)	\$4.20
Fruit Juice (100% juice)	\$2.00
Peanuts	\$4.00
Low fat milk (white)	\$2.60
Low fat milk (chocolate)	\$2.60
Popcorn	\$2.00
Pretzels	\$2.00
Diet soda	\$3.00
Candy bars	\$2.40
Chips	\$2.50
Jerky	\$3.80
Fruit rolls	\$1.80
Carrots	\$1.40
Granola bars	\$2.00
Peanut butter crackers	\$2.00

## Pantry

Cheese and cracker snack packs  
Peanut butter and crackers  
Ice Cream  
Low fat milk (chocolate)  
Low fat milk (white)  
Low fat yogurt  
Pudding cups  
Yogurt  
Carrots  
Apples  
Bananas  
Fruit Juice (100% juice)  
Oranges  
Raisins (boxes)  
Diet soda  
Jerky  
Chips  
Fruit rolls  
Granola bars  
Candy bars  
Cookies  
Avocado  
Bag of Corn (frozen)  
Bagels

Broccoli  
Butter  
Cake  
Canned tuna  
Canned, refried beans  
Catsup  
Cereal  
Cheese  
Chicken  
Cottage cheese  
Doughnuts  
Eggs  
Fish filets  
Grapes  
Green Beans  
Ground Meat Hamburger  
Hamburger Buns  
Hot dog buns  
Hot dogs  
Kiwi  
Lettuce  
Mayonnaise  
Muffin  
Mustard  
Nectarines

Noodles  
Orange Juice  
Peanut butter  
Peanuts  
Peas  
Pie  
Pizza Sauce  
Pork chops  
Potatoes  
Rice  
Salad dressing  
Salsa  
Sliced Wheat bread  
Soda  
Spaghetti noodles  
Spaghetti Sauce  
Spinach  
Strawberries  
Syrup  
Tofu  
Tomatoes  
Tortillas  
Waffle  
Watermelon  
Zucchini

## Breakfasts

### Choice #1

Waffle  
2 Scrambled eggs  
Orange Juice  
Yogurt

### Choice #2

Cereal with milk  
1 slice of Ham  
Orange Juice

### Choice #3

Bagel with peanut butter  
Yogurt  
Orange Juice

### Choice #4

2 Scrambled eggs  
Muffin  
Low Fat Milk  
Kiwi

### Choice #5

Cereal with Yogurt  
Ham  
Orange Juice

### Choice #6

Cheese and ham quesadilla  
Orange Juice

### Choice #7

3 Waffles  
Orange Juice

### Choice #8

2 scrambled eggs  
1 piece of ham  
Orange Juice

### Choice #9

Muffin  
Yogurt  
Orange Juice

### Choice #10

Bagel  
Banana  
Low Fat Chocolate Milk

### Choice #11

Large Bowl of Sugar Cereal  
w/Low Fat Milk  
Orange Juice

### Choice #12

2 Breakfast Pastries  
Banana  
Low Fat Milk

## Lunches

### Choice #1

Tuna Sandwich with Cheese  
Carrot Sticks  
Orange Juice

### Choice #2

Peanut Butter and Jelly  
Sandwich  
Strawberries  
Carrot Sticks  
Low Fat Milk

### Choice #3

Cheese and Crackers  
Carrot Sticks  
Low Fat Chocolate Milk  
Orange Slices  
Peanuts

### Choice #4

Peanut Butter and Crackers  
Celery Sticks  
Orange Slices  
Low Fat Milk  
Chips

### Choice #5

Hot Dog  
Bun  
Carrot Sticks  
Yogurt  
Low Fat Milk  
Apple

### Choice #6

Bean and Cheese burrito  
Raw broccoli  
Low Fat Milk  
Melon

### Choice #7

Spaghetti w/ tomato sauce  
French bread  
Carrot sticks  
Low Fat Milk

### Choice #8

Large Green salad with carrots  
w/ dressing  
Piece of cheese  
Yogurt

Low Fat Milk

### Choice #9

Waffle with butter and syrup  
Yogurt  
Low Fat Milk  
2 Bagel Cheese Pizzas  
Soda

### Choice #10

2 Bagel Cheese Pizzas  
Soda

### Choice #11

Ham Sandwich  
Chips  
Soda  
Cookies

### Choice #12

Chicken Sandwich  
Chips  
Soda  
Cake

## Dinner 1

### Choice #1

Baked Pork Chops over Rice  
Steamed Carrots  
Sliced Nectarines  
Dessert: Pudding  
Low Fat Milk

### Choice #2

Cheeseburger  
French Fries  
Soda  
Cookies

## Dinner 2

### Choice #1

Spaghetti with meat sauce  
Spaghetti  
Meat  
Tomato sauce  
Sliced kiwi  
Celery sticks  
Low fat milk  
Cookies

### Choice #2

Baked Pork Chops over Rice  
Pork chops  
Rice  
Steamed carrots  
Sliced nectarines  
Low fat milk  
Pudding

### Choice #3

Tacos  
Meat  
Shells  
Cheese  
Lettuce  
Rice  
Beans  
Orange juice  
Cake

### Choice #4

Cheeseburger  
Meat  
Bun  
Cheese  
Lettuce  
Green beans  
Sliced melon  
Low fat milk  
Ice cream

### Choice #5

2 Bagel Cheese Pizza  
Bagel  
Cheese  
Pizza Sauce  
Green salad w/dressing  
Orange juice  
Cookies

### Choice #6

Bean and Cheese Burritos  
Tortillas  
Cheese  
Refried beans  
Rice  
Corn  
Sliced bananas  
Soda  
Yogurt

### Choice #7

Tuna Sandwich with Cheese  
Tuna  
Bread  
Cheese  
Carrot sticks w/dressing  
Low fat milk  
Pie

### Choice #8

Fish Fillets over Rice (2 fillets)  
Fish Fillets  
Rice  
Peas  
Mashed potatoes  
Orange juice  
Pudding

### Option #9

2 Waffles, Eggs, and Ham  
Waffles  
Eggs  
Ham  
Sliced strawberries  
Potatoes  
Low fat milk  
Yogurt

### Choice #10

Tofu Vegetable Stir Fry  
Tofu  
Carrots  
Broccoli  
Noodles  
Orange juice  
Ice cream