



## MEAL PLAN OPTIONS

### BREAKFAST

Entrée	Side 1	Side 2	Cold Beverage	Hot Beverage
1 Breakfast Slider (egg, meat, cheese)	Potato side, Greek yogurt or Fruit cup	Whole Fruit, Hot or Cold cereal in a cup or boiled eggs	Bottled water, milk or morning juice	Medium coffee or Hot chocolate
1 Breakfast pastry (muffin, Danish or pastry)	Potato side, Greek yogurt or Fruit cup	Whole Fruit, Hot or Cold cereal in a cup or boiled eggs	Bottled water, milk or morning juice	Medium coffee or Hot chocolate
Bagel with cream cheese and jelly	Potato side, Greek yogurt or Fruit cup	Whole Fruit, Hot or Cold cereal in a cup or boiled eggs	Bottled water, milk or morning juice	Medium coffee or Hot chocolate

### LUNCH/DINNER

Entrée	Side 1	Side 2	Cold Beverage	Hot Beverage
Chicken tender & fry basket	Crudité cup or small salad	N/A	Bottled water, soda, or juice	N/A
1 Lunch/Dinner Slider	N/A	Basic bag of chips, small salad or fries	Bottled water, soda, or juice	N/A
2 Lunch/Dinner Sliders	N/A	N/A	Bottled water, soda, or juice	N/A
3 Lunch/Dinner Sliders	N/A	N/A	Bottled water, soda, or juice	N/A
Grab & Go Grinder	N/A	Basic bag of chips, small salad or fries	Bottled water, soda, or juice	N/A
Grab & Go Salad	N/A	Basic bag of chips or fries	Bottled water, soda, or juice	N/A