

# Fall/Winter 2020-2021 Menu

## Week One

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- Good for You Porridge</li> <li>- Toast</li> <li>- Scrambled Eggs</li> <li>- Bacon</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Sunnyboy</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatbran</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>
AM SNACK	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin
DINNER	<ul style="list-style-type: none"> <li>- Jellied Salad</li> <li>- Roast Turkey</li> <li>- Mashed Potato</li> <li>- Dressing</li> <li>- Peas</li> <li>- Pie</li> </ul>	<ul style="list-style-type: none"> <li>- Tossed Salad</li> <li>- Pork Cutlets</li> <li>- Mashed Potato</li> <li>- Peas</li> <li>- Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Tomato and Mozza Salad</li> <li>- Liver and Onions</li> <li>- Beef Sausage</li> <li>- Steamed Potato</li> <li>- Green Beans</li> <li>- Angel Food Cake</li> </ul>	<ul style="list-style-type: none"> <li>- Broccoli</li> <li>- Chicken Pieces</li> <li>- Mashed Potato</li> <li>- Squash</li> <li>- Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Caesar Salad</li> <li>- Lasagna</li> <li>- Peas and Carrots</li> <li>- Bread Sticks</li> <li>- Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Carrot Coleslaw</li> <li>- Baked Salmon Filets</li> <li>- Roast Potatoes</li> <li>- Zucchini and Peppers</li> <li>- Fruit Crisp</li> </ul>	<ul style="list-style-type: none"> <li>- Cranberry and Almond Salad</li> <li>- Pineapple Chicken</li> <li>- Rice</li> <li>- Brussel Sprouts</li> <li>- Pudding</li> </ul>
SUPPER	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Cold Meat</li> <li>- Devilled Eggs</li> <li>- Stuffed Celery Sticks</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Tuna Noodle Casserole</li> <li>- Mixed Vegetable</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Perogy Casserole</li> <li>- Sausage</li> <li>- Corn</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Pulled Pork on a Bun</li> <li>- Coleslaw</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Spinach Soup</li> <li>- Waffles</li> <li>- Bacon</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Vegetable Soup</li> <li>- Sliced Meat Sandwiches</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Hamburger Casserole</li> <li>- Fruit</li> </ul>
EVENING SNACK	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit
ALTERNATE CHOICE	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day

**24 hour access:** juices, milk, bread, crackers, apples, oranges, peanut butter, jams, dry cereals, hot chocolate, coffee, tea, yogurt, water

**Serving sizes:** Vegetable, 125ml Protein, 75g Grain, 125ml Dairy, 250ml

**\*Subject to change**

# Fall/Winter 2020-2021 Menu

## Week Two

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- Good for You Porridge</li> <li>- Toast</li> <li>- Poached Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Sunnyboy</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatbran</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>
AM SNACK	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin
DINNER	<ul style="list-style-type: none"> <li>- Jellied Salad</li> <li>- Roast Beef</li> <li>- Boiled potatoes</li> <li>- Mixed Vegetable</li> <li>- Pie</li> </ul>	<ul style="list-style-type: none"> <li>- Broccoli Salad</li> <li>- Chicken Breast</li> <li>- Mashed Potatoes</li> <li>- Carrots</li> <li>- Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Pea Salad</li> <li>- Beef Stroganoff</li> <li>- Pasta</li> <li>- Sweet Potato</li> <li>- Cream Puffs</li> </ul>	<ul style="list-style-type: none"> <li>- Spinach Salad</li> <li>- Roast Pork Loin</li> <li>- Mashed Potato</li> <li>- Corn</li> <li>- Jello</li> </ul>	<ul style="list-style-type: none"> <li>- Orzo with Vegetables</li> <li>- Chicken Stir Fry</li> <li>- Rice</li> <li>- Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Coleslaw</li> <li>- Tilapia Filets</li> <li>- Roast potatoes</li> <li>- Peas</li> <li>- Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>- Tomato Salad</li> <li>- Meatloaf</li> <li>- Mashed Potato</li> <li>- Brussels Sprouts</li> <li>- Pumpkin Custard</li> </ul>
SUPPER	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Sliced Meat</li> <li>- Fruit Plate</li> <li>- Cottage Cheese</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Hot Beef Sandwich</li> <li>- Wax Beans</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Battered Fish</li> <li>- Sweet Potato Fries</li> <li>- Brussel Sprouts</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Cauliflower Soup</li> <li>- Hamburgers</li> <li>- Cheese Slices</li> <li>- Tomato Slices</li> <li>- Lettuce</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Sandwiches: Ham or Chicken Salad</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Broccoli Soup</li> <li>- Pancakes</li> <li>- Sausage</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Chicken Strips</li> <li>- Potato Patties</li> <li>- Carrot Sticks</li> <li>- Plum Sauce</li> <li>- Fruit</li> </ul>
EVENING SNACK	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit
ALTERNATE CHOICE	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day

**24 hour access:** juices, milk, bread, crackers, apples, oranges, peanut butter, jams, dry cereals, hot chocolate, coffee, tea, yogurt, water

**Serving sizes:** Vegetable, 125ml Protein, 75g Grain, 125ml Dairy, 250ml

**\*Subject to change**

# Fall/Winter 2020-2021 Menu

## Week Three

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- Good for You Porridge</li> <li>- Toast</li> <li>- Scrambled Eggs</li> <li>- Bacon</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Sunnyboy</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatbran</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>
AM SNACK	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin
DINNER	<ul style="list-style-type: none"> <li>- Jellied Salad</li> <li>- Roast Turkey</li> <li>- Mashed Potato</li> <li>- Dressing</li> <li>- Peas</li> <li>- Pie</li> </ul>	<ul style="list-style-type: none"> <li>- Tossed Salad</li> <li>- Pork Cutlets</li> <li>- Mashed Potato</li> <li>- Peas</li> <li>- Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Tomato and Mozza Salad</li> <li>- Liver and Onions</li> <li>- Beef Sausage</li> <li>- Steamed Potato</li> <li>- Green Beans</li> <li>- Angel Food Cake</li> </ul>	<ul style="list-style-type: none"> <li>- Broccoli</li> <li>- Chicken Pieces</li> <li>- Mashed Potato</li> <li>- Squash</li> <li>- Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Caesar Salad</li> <li>- Lasagna</li> <li>- Peas and Carrots</li> <li>- Bread Sticks</li> <li>- Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Carrot Coleslaw</li> <li>- Baked Salmon Filets</li> <li>- Roast Potatoes</li> <li>- Zucchini and Peppers</li> <li>- Fruit Crisp</li> </ul>	<ul style="list-style-type: none"> <li>- Cranberry and Almond Salad</li> <li>- Pineapple Chicken</li> <li>- Rice</li> <li>- Brussel Sprouts</li> <li>- Pudding</li> </ul>
SUPPER	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Cold Meat</li> <li>- Devilled Eggs</li> <li>- Stuffed Celery Sticks</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Tuna Noodle Casserole</li> <li>- Mixed Vegetable</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Perogy Casserole</li> <li>- Sausage</li> <li>- Corn</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Pulled Pork on a Bun</li> <li>- Coleslaw</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Spinach Soup</li> <li>- Waffles</li> <li>- Bacon</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Vegetable Soup</li> <li>- Sliced Meat Sandwiches</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Hamburger Casserole</li> <li>- Fruit</li> </ul>
EVENING SNACK	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit
ALTERNATE CHOICE	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day

**24 hour access:** juices, milk, bread, crackers, apples, oranges, peanut butter, jams, dry cereals, hot chocolate, coffee, tea, yogurt, water

**Serving sizes:** Vegetable, 125ml Protein, 75g Grain, 125ml Dairy, 250ml

**\*Subject to change**

# Fall/Winter 2020-2021 Menu

## Week Four

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- Good for You Porridge</li> <li>- Toast</li> <li>- Scrambled Eggs</li> <li>- Bacon</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Sunnyboy</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatbran</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>
AM SNACK	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin
DINNER	<ul style="list-style-type: none"> <li>- Jellied Salad</li> <li>- Roast Pork</li> <li>- Mashed Potatoes</li> <li>- Mixed Vegetables</li> <li>- Pie</li> </ul>	<ul style="list-style-type: none"> <li>- Tossed Salad</li> <li>- Veal Cutlets</li> <li>- Steamed Potato</li> <li>- Corn</li> <li>- Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit Salad</li> <li>- Cabbage Rolls</li> <li>- Perogies</li> <li>- Kielbasa</li> <li>- Pineapple Upside Down Cake</li> </ul>	<ul style="list-style-type: none"> <li>- Resident's Choice</li> </ul>	<ul style="list-style-type: none"> <li>- Apple Almond Salad</li> <li>- Pork Loin</li> <li>- Roast Potatoes</li> <li>- Oriental Mixed Veg</li> <li>- Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Coleslaw</li> <li>- Trout</li> <li>- Mashed Potatoes</li> <li>- Carrots</li> <li>- Raspberry Jello</li> </ul>	<ul style="list-style-type: none"> <li>- Spring Mix Salad</li> <li>- Ginger Beef</li> <li>- Rice</li> <li>- Fruit Crisp</li> </ul>
SUPPER	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Cold Cuts</li> <li>- Macaroni Salad</li> <li>- Carrot Sticks</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Broccoli Soup</li> <li>- Halibut Bites</li> <li>- French Fries</li> <li>- Coleslaw</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Denver Eggs</li> <li>- Toast</li> <li>- Tomato Slices</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Sandwiches: Roast Beef or Ham</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Hot Dogs</li> <li>- Brown Beans</li> <li>- Tossed Salad</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Carrot Soup</li> <li>- Chicken Salad</li> <li>- Croissant</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- BLT Sandwich</li> <li>- Fruit</li> </ul>
EVENING SNACK	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit
ALTERNATE CHOICE	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day

**24 hour access:** juices, milk, bread, crackers, apples, oranges, peanut butter, jams, dry cereals, hot chocolate, coffee, tea, yogurt, water

**Serving sizes:** Vegetable, 125ml Protein, 75g Grain, 125ml Dairy, 250ml

**\*Subject to change**

# Fall/Winter 2020-2021 Menu

## Week Five

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- Good for You Porridge</li> <li>- Toast</li> <li>- Poached Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Sunnyboy</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Multi Grain Toast</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Cream of Wheat</li> <li>- Toast</li> <li>- Boiled Eggs</li> <li>- Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>- Oatbran</li> <li>- Toast</li> <li>- Fruit Juice</li> </ul>
AM SNACK	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin	Muffin
DINNER	<ul style="list-style-type: none"> <li>- Jellied Salad</li> <li>- Baked Ham</li> <li>- Scalloped Potato</li> <li>- Corn</li> <li>- Pie</li> </ul>	<ul style="list-style-type: none"> <li>- Lettuce Salad</li> <li>- Pork Hocks</li> <li>- Sauerkraut</li> <li>- Carrots</li> <li>- Steamed Potatoes</li> <li>- Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Broccoli Salad</li> <li>- Beef Stew</li> <li>- Dumplings</li> <li>- Black Forest Cake</li> </ul>	<ul style="list-style-type: none"> <li>- Penny Carrot Salad</li> <li>- Chicken Breast</li> <li>- Mashed Potato</li> <li>- Broccoli</li> <li>- Peaches and Whip Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Tomato Salad</li> <li>- Sweet &amp; Sour Ribs</li> <li>- Rice</li> <li>- Spinach</li> <li>- Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>- Coleslaw</li> <li>- Sole Filets</li> <li>- Mashed Potatoes</li> <li>- Carrots</li> <li>- Cheesecake</li> </ul>	<ul style="list-style-type: none"> <li>- Caesar Salad</li> <li>- Beef Sausage</li> <li>- Mashed Potato</li> <li>- Cauliflower</li> <li>- Chocolate Cake</li> </ul>
SUPPER	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Sliced Cold Meat</li> <li>- Potato Salad</li> <li>- Veggies and Dip</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Quiche</li> <li>- Cucumber Salad</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Creamy Vegetable Soup</li> <li>- Sandwiches: Ham &amp; Cheese or Salmon</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Perogy Casserole</li> <li>- Sausage</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Pizza</li> <li>- Caesar Salad</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Broth Soup</li> <li>- Chicken Wings</li> <li>- Potato Patties</li> <li>- Mixed Vegetable</li> <li>- Fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Cream Soup</li> <li>- Chili</li> <li>- Toast</li> <li>- Vegetable Salad</li> <li>- Fruit</li> </ul>
EVENING SNACK	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit	Assorted cheese, crackers, fruit
ALTERNATE CHOICE	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day

**24 hour access:** juices, milk, bread, crackers, apples, oranges, peanut butter, jams, dry cereals, hot chocolate, coffee, tea, yogurt, water

**Serving sizes:** Vegetable, 125ml Protein, 75g Grain, 125ml Dairy, 250ml

**\*Subject to change**