

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
<b>Monday</b>	½ Cup Bran Flakes 8 oz Skim Milk 1 Small Banana	2 Cups Lettuce with 1 Tablespoon Salad Dressing 2 oz Chicken 1 Large Dinner Roll	1 Small Apple 1 Tablespoon Peanut Butter	3 oz Pork Loin Chop ½ Cup Broccoli 1 Teaspoon Tub Margarine	6 oz Nonfat Yogurt ¼ Cup Granola
<b>Tuesday</b>	2 Slices Wheat Toast 1 Tablespoon Peanut Butter 1 ¼ Cups Fresh Strawberries	2 Eggs, Scrambled in 1 Teaspoon Canola Oil, With 1 Cup Fresh Vegetables 1 6" tortilla ½ Cup Tropical Fruit	8 oz Skim Milk	3 oz Chicken Breast 2/3 Cup Brown Rice with 6 Almonds and ½ Cup Water Chestnuts 1 Cup Sliced Tomato	8 oz Skim Milk 2/3 Cup Cereal
<b>Wednesday</b>	1 4" pancake 1 Tablespoon Peanut Butter 2 Teaspoons Light Jelly 1 Cup Apricots	Roast Beef Sandwich (2 oz meat, 2 slices bread, ketchup, mustard) 1 Cup Sliced Cucumber	8 oz Chocolate Skim Milk	3 oz Round Steak 1 Cup Boiled Potato 1 Teaspoon Margarine 1 Cup Cooked Carrots	3 Cups Popcorn Popped in 1 tsp. Canola Oil 8 oz Skim Milk
<b>Thursday</b>	½ Cup Prepared Oatmeal 8 oz Skim Milk 1 Small Orange	2 Tacos (Each With ½ oz Ground Beef, ½ oz Cheddar Cheese, Lettuce, Tomato, Green Pepper, Salsa) 1/3 Cup Rice	6 oz Nonfat Yogurt	Spaghetti: (2/3 Cup Pasta, ½ Cup Red Sauce, 3 meatballs – Golf-ball sized) ½ Cup Carrot/Broccoli Blend	Trail Mix: 1 Tablespoon Sunflower Seeds 2 Tablespoons Raisins ¼ Cup Cereal
<b>Friday</b>	2 Slices Cinnamon Toast With Total 1 Teaspoon Margarine 8 oz Skim Milk	½ Cup Beef and Bean Chili 2" Square Cornbread 1 Cup Carrots/Celery 2 Tablespoons Peanut Butter	17 Grapes	3 oz Fish 6 oz Baked Potato 1 Teaspoon Margarine 2 Cups Sliced Tomato/Cucumber	1 Small Nectarine 8 oz Skim Milk
<b>Saturday</b>	1 Slice French Toast 4 Pecan Halves 2 Tablespoons Sugar-Free Syrup 8 oz Skim/Soy Milk	Shish Cabob (2 oz Cubed Chicken, 1 Cup Grilled Pepper, Onion, Mushroom, ½ Cup Grilled Pineapple) 2/3 Cup Brown And Wild Rice	3 Graham Cracker Squares 8 oz Skim Milk	3 oz Ground Beef Patty Whole Wheat Bun 1 Cup Lettuce, Radishes, Peppers 1 Tablespoon Salad Dressing	¼ Cup Cottage Cheese ½ Cup Peaches
<b>Sunday</b>	1 Scrambled Egg 1 Cup Hash Brown 1 Tablespoon Canola Oil (For Frying) ½ Cup Orange Juice	Taco Salad (1 ½ Cup Lettuce, ¼ Cup Peppers, ½ Cup Black Beans, ¼ Cup Corn, ¼ Cup Salsa, 2 oz Cheddar Cheese, 7 Tortilla Chips)	Sugar-Free Gelatin with ½ Cup Bananas	3 oz Turkey Tender ½ Cup Sweet Potato ½ Cup Green Beans 1 Teaspoon Margarine 8 oz Skim Milk	6 oz Nonfat Yogurt ¼ Cup Granola