

use " Choose My Plate" . If it is not being cut, diced, sliced, cubed, boiled, baked, fried, or grilled, then it probably won't be approved. All meals must require some degree of preparation, and dinners must require cooking (must contain raw ingredients such as meat, vegetables, fruit, etc. or consist of three or more different ingredients that require preparation).

Breakfast	Lunch	Dinner	Snack/Cracker Barrel
Bacon, Eggs & Toast <ul style="list-style-type: none"> • Bacon • Eggs • Bread • Butter 	Chili Cheese Dogs <ul style="list-style-type: none"> • Hot dogs • Hot dog buns • Canned chili • Shredded cheese • Choice of vegetable 	Spaghetti & Meatballs <ul style="list-style-type: none"> • Spaghetti noodles • Spaghetti sauce • Ground beef • Choice of Vegetable 	<ul style="list-style-type: none"> • Peanut Butter • Jelly • Bread
Pancakes & Fruit <ul style="list-style-type: none"> • Instant Pancake mix • Syrup • Butter • Choice of fruit 	Sandwiches <ul style="list-style-type: none"> • Bread • Mustard/mayo • Sliced cheese • Lettuce • Tomatoes • Variety of lunch meats 	Soft Tacos <ul style="list-style-type: none"> • Flour tortillas • Ground beef • Taco seasoning • Lettuce • Tomatoes • Shredded cheese 	<ul style="list-style-type: none"> • Bananas • Apples • Cantaloupe • Watermelon • Others
Breakfast Skillet <ul style="list-style-type: none"> • Eggs • Sausage • Bacon • Shredded cheese • Hash browns (cubed) 	Chicken Quesadillas <ul style="list-style-type: none"> • Flour tortillas • Canned chicken • Shredded cheese • Mild salsa • Choice of fruit 	Sloppy Joes <ul style="list-style-type: none"> • Ground beef • Sloppy Joe seasoning • Hamburger buns • Choice of vegetable 	<ul style="list-style-type: none"> • Granola bars • Cereal bars • Trail mix
Denver Omelet <ul style="list-style-type: none"> • Eggs • Cheese • Bell peppers • Ham • Tomatoes 	Pizza Grilled Cheese <ul style="list-style-type: none"> • Bread • Sliced provolone cheese • Pepperoni • Butter • Choice of fruit 	Cheeseburgers <ul style="list-style-type: none"> • Ground beef • Buns • Lettuce • Tomato • Cheese • Condiments 	<ul style="list-style-type: none"> • Beef Jerky • Slim Jims <ul style="list-style-type: none"> • Cheeses • Crackers
Muffins & Fruit (last breakfast only)	Beef stew <ul style="list-style-type: none"> • Canned beef stew with vegetables • Dinner rolls 	<ul style="list-style-type: none"> • Canned chicken soup with vegetables • Dinner rolls 	<ul style="list-style-type: none"> • Cup o' Soup <ul style="list-style-type: none"> • Hot Cocoa

ALWAYS PLAN FOR WATER WITH YOUR MEALS AND HEALTHY, NON-SUGARY BEVERAGES ONLY!
NO SODA OR OTHER PRESSURIZED CONTAINERS.