

DRS Sample Menus

Meals in which all food must be eaten:

Breakfast

Rice Chex cereal with 2% milk
English muffin with margarine and melted cheddar cheese

Lunch

Cucumber and Jicama slices
Ham lunchmeat sandwich w/Swiss cheese, lettuce, tomato, mustard & light mayonnaise
Baked & regular potato chips

Dinner

Garlic Chicken, Corn, Carrot & Broccoli with pasta
Lettuce, tomato, green pepper, jicama, celery salad with nonfat Ranch dressing
Sourdough bread with margarine

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Breakfast

Cheerios w/2% milk
Cheese toast

Lunch

Cucumber and Jicama slices
Turkey lunchmeat sandwich w/ swiss cheese, lettuce, tomato mustard & light mayonnaise
Baked and regular potato chips

Dinner

Chicken & vegetable stir fry, with rice -or- Southwest Chicken w. Rice, Corn,
Black Beans Sourdough bread with margarine -or- Doritos Tortilla Chips
2% milk

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Meals in which participants may eat whatever they choose:

Breakfast

Cheerios cereal w/choice of milk
Scrambled eggs
Turkey Sausage links
Crescent rolls
Whole wheat toast w/margarine, butter, or peanut butter
Toasted English Muffin

Lunch

Macaroni & cheese casserole
Turkey & ham lunchmeat
Swiss & jack cheese
Lettuce & tomato
Peanut butter, butter, margarine
mustard & regular or light mayonnaise
French roll
Corn chips, crackers
Fresh vegetables (cucumber, green pepper, celery, jicama, carrots)
Bleu cheese & Ranch dressing
Choice of milk

Dinner

Lasagne
Garlic Penne Pasta
Sourdough bread with margarine
Crescent and French rolls
Fresh vegetable (cucumber, green pepper, celery, jicama, carrots)
Bleu cheese & Ranch dressing
Choice of milk