Stress and Sugar Study (SSS) Sample Menus

Meals in which all food must be eaten at home:

**Breakfast**
- Rice Chex or Cheerios cereal with 2% milk
- English muffin with margarine and melted cheddar cheese

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

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

Meals in which all food must be eaten inpatient:

**Breakfast**
- Rice Chex or Cheerios cereal with 2% milk
- English muffin with margarine and melted cheddar cheese

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

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