

**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

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Meals in which all food must eat 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