

## Lunch Ideas

Meat: Roasted Chicken  
Bread: Rolls  
F/V: Green beans  
F/V: Sliced pears  
Milk: Milk

Meat: Hotdogs  
Bread: Buns  
F/V: Corn  
F/V: Apple slices  
Milk: Milk

Meat: Turkey  
Bread: Buttered bread  
F/V: Mashed potatoes  
F/V: Apple sauce  
Milk: Milk

Meat: Grilled Cheese  
Bread: Sandwich  
F/V: Peas  
F/V: Nectarines  
Milk: Milk

Meat: Pork Chops  
Bread: Macaroni and Cheese  
F/V: Carrot sticks  
F/V: Mixed fruit cups  
Milk: Milk

Meat: Peanut Butter with Cheese  
Bread: Sandwiches  
F/V: Broccoli  
F/V: Orange slices  
Milk: Milk