

## Meal Menu

Monday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 773 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 2 Servings of Lasagna = 628 Calories
- 2 Cups of Vegetables = 110 Calories
- 2 Garlic Breadsticks = 300 Calories

*Meal Total Calories = 1038 Calories*

### **Late Night Snack**

- 2 cups of Pudding = 200 calories

*Day Total Calories = 3028*

## Meal Menu

Tuesday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 773 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 2 Hamburger Patties with Buns = 664 calories
- 2 Condiments (2 ounces of Ketchup and 1 ounce of mustard) = 97 calories
- ½ Cup of Rice = 100 calories
- 2 Cups of vegetables = 100 calories

*Meal Total Calories = 961 Calories*

### **Late Night Snack**

- 2 cups of Pudding = 200 calories

*Day Total Calories = 2951*

## Meal Menu

Wednesday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 3 Scrambled Eggs = 273 Calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 1046 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 2 Servings of Spaghetti with 5 Meat Balls and Tomato Sauce = 1580 calories
- 2 Dinner Rolls = 500 calories
- 2 Cups of Vegetables = 100 calories

*Meal Total Calories = 2180 Calories*

### **Late night Snack**

- 2 Cups of Pudding = 200 Calories
- ½ Bag of Popcorn = 130 Calories

*Day Total Calories = 4573 Calories*

## Meal Menu

Thursday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 1046 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 2 Hot Dogs with Buns = 453 Calories
- 2 Condiments (1 ounce of mustard and 2 ounces of Ketchup) = 97 Calories
- 2 Cups of Baked Beans = 784 Calories
- 2 Cups of Sweet Corn = 264 Calories

*Meal Total Calories = 1598 Calories*

### **Light Night Snack**

- 2 cups of pudding = 200 Calories

*Day Total Calories = 3861 Calories*

## Meal Menu

Friday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 1046 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 3 Slices of Pizza = 1089 Calories
- 2 Slices of Texas Toast = 300 Calories
- 2 Cups Vegetables = 100 Calories

*Meal Total Calories = 1489 Calories*

### **Late Night Snack**

- 2 Cups of Pudding = 200 Calories
- ½ Bag of Popcorn = 130 Calories

*Day Total Calories = 3882 Calories*

## Meal Menu

Saturday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 1046 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 1 Large Chicken Breast = 231 Calories
- 2 Ounces of Barbecue Sauce = 96 Calories
- ½ cup of Rice = 100 Calories
- 2 Cups of Vegetables = 100 Calories

*Meal Total Calories = 527 Calories*

### **Late Night Snack**

- 2 Cups of Pudding = 200 Calories

*Day Total Calories = 2790 Calories*

## Meal Menu

Sunday

### **Breakfast**

- 1 English Muffin with 2 tablespoons of peanut butter = 343 calories
- 2 cups of coffee, 4 sugars, 2 creamers = 160 calories
- 3 Scrambled Eggs = 273 Calories
- 1 Apple = 95 calories
- 1 Orange = 45 calories
- 1 Snack Bar = 130 calories

*Meal Total Calories = 1046 calories*

### **Lunch**

- 1 Sandwich (2 slices of meat, 1 slice of cheese, 2 slices of bread) = 348 calories
- 2 Condiments (1 ounce of mayo and 1 ounce of mustard) = 210 calories
- 1 cup of carrots or cucumbers = 50 calories
- 1 Bag of Chips = 139 calories
- 1 Apple Sauce = 50 calories
- 1 Package of Peanut Butter Crackers = 220 calories

*Meal Total Calories = 1017 Calories*

### **Dinner**

- 1 Large Pork Chop = 505 Calories
- 2 Ounces of Barbecue Sauce = 96 Calories
- ½ Cup of Rice = 100 Calories
- 2 cups of Vegetables = 100 Calories

*Meal Total Calories = 801 Calories*

### **Late Night Snack**

- 2 Cups of Pudding = 200 Calories
- ½ Bag of Popcorn = 130 Calories

*Day Total Calories = 3194 Calories*