

Star Spangled Foods

Daily Menu Plan example

By Brutus Buckeye

Breakfast:

Scrambled Eggs - 2 eggs

Whole Wheat Toast with Butter - 2 slices/2 tsp

1% Milk - 1 cup

Lunch:

Wild West Burger -Thin on a Whole Wheat Bun (Page 7) - 2 oz/1 bun

Help Yourself Relish Plate (Page 48) - 1 cup

Apple Slices - 1 apple

1% Milk - 1 cup

Snack:

Low Fat Strawberry Yogurt - 1 cup

Dinner:

Baked Meat Loaf - 2 oz slice

Tossed Salad with Creamy Ranch Dressing (Page 7) - 2 cups/ 1 tbsp

Green Beans with Bacon (page 7) - ½ cup

Italian Bread with butter - 1 slice/1 tsp

Peach Slices - ½ cup

Iced Tea - 1 cup

Snack:

Popcorn - 2 cups

Ice water with Mint sprigs - 2 cups