

# **SAMPLE MENU**

## **Breakfast**

Egg, Ham & Cheese Omelet  
2 Slices Cinnamon Toast  
Hot Cocoa  
Orange Juice

## **Lunch**

Homemade Vegetable Soup  
Grilled Cheese Sandwich  
Carrot & Celery Sticks  
Milk

## **Snack**

Fresh Fruit Kabob  
Graham Crackers

## **Dinner**

Grilled Steak  
Corn on the Cob  
Baked Potato  
Crescent Roll  
Apple Crisp  
Lemonade