

# SATURDAY

## BREAKFAST

**Cranberry Juice**

**Oatmeal  
w/ Brown Sugar**

or

**Cold Cereal:**

Raisin Bran  
Corn Flakes  
Rice Krispies

Bran Flakes  
Cheerios  
Froot Loops

**Eggs Any Style:**

Poached Scrambled  
Fried

**Bacon**

**Egg Breakfast  
Sandwich**

**Home Fries**

**Toast:**

**White, Wheat, Raisin  
or**

**English Muffin**

**Jam or Jelly**

**Butter or Peanut Butter**

**Milk, Coffee or Tea**

# SATURDAY

## SUPPER

**Soup du Jour**

or

**Fruit Cup**

**Blueberry Pancakes**

**w/ Syrup**

or

**BLT Sandwich**

**(Bacon, Lettuce, Tomato)**

**Please Circle Choices:**

half half

**White Bread or Wheat Bread  
whole whole**

or

**Hamburger**

or

**Hot Dog**

**Please Circle Choices:**

**Ketchup Mustard Relish**

**Potato Chips**

**Pickle**

**Dessert (choice of one)**

**Chocolate Pudding**

or

**Ice Cream**

**Milk, Coffee or Tea**

*Portion Size:*

*Small* \_\_\_ *Medium* \_\_\_ *Large* \_\_\_



Cycle II - Week 1