

1. Breakfast

- a. Cereal
  - i. Rice
  - ii. Skim milk
  - iii. No sugar
- b. Toast
  - i. Jam
  - ii. Butter
- c. Orange juice

2. Lunch

- a. Sandwich
  - i. Wheat bun
  - ii. Meat
  - iii. Cheese
  - iv. Mustard
- b. Chicken soup
- c. Apple