

## Daily Options

1/2 pint water

1/2 liter water

Baby carrots w/ low fat buttermilk ranch dressing or hummus

Polly-O string cheese

6 oz. organic Wild Berry yogurt drink

Gogurt Simple (no high fructose corn syrup)

5.5 oz. mixed fruit salad

## Thursday's – Tri-Valley Restaurant

French Toast Sticks

Dollar Sized Pancakes

Egg & Cheese on a Roll

Two Hamburger Sliders

Two Cheeseburger Sliders

Sweet Potato Fries

Macaroni and Cheese

Cheese Quesadilla

Grilled Cheese on Whole Wheat

Pasta w/ Butter & Cheese

Whole Wheat Pasta w/ Butter & Cheese

Chicken Noodle Soup (16 oz)

House Salad