

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

Tuesday's – Minit Mart

Blimpie Hero w/ Ham, Salami, Provolone

Blimpie Hero w/ Turkey

Blimpie 1/2 Hero w/ Turkey

Popcorn Chicken

Three Chicken Fingers

Four Chicken Fingers

Macaroni and Cheese

Bagel w/ Butter

Bagel w/ Cream Cheese

Chicken Noodle Soup (8 oz)