

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

Wednesday's – Demarest Pizzeria

One Slice of Cheese Pizza

Two Slices of Cheese Pizza

One Slice of Whole Wheat Cheese Pizza

Two Slices of Whole Wheat Cheese Pizza

One Slice of Pepperoni Pizza

Two Slices of Pepperoni Pizza

Side Chicken Caesar Salad

Side Salad