Star Spangled Foods

Daily Menu Plan example
By Brutus Buckeye

Breakfast:
Scrambled Eggs - 2 eggs
Whole Wheat Toast with Butter - 2 slices/2 tsp
1% Milk - 1 cup

Lunch:
Wild West Burger - Thin on a Whole Wheat Bun (Page 7) - 2 oz/1 bun
Help Yourself Relish Plate (Page 48) - 1 cup
Apple Slices - 1 apple
1% Milk - 1 cup

Snack:
Low Fat Strawberry Yogurt - 1 cup

Dinner:
Baked Meat Loaf - 2 oz slice
Tossed Salad with Creamy Ranch Dressing (Page 7) - 2 cups/1 tbsp
Green Beans with Bacon (page 7) - ½ cup
Italian Bread with butter - 1 slice/1 tsp
Peach Slices - ½ cup
Iced Tea - 1 cup

Snack:
Popcorn - 2 cups
Ice water with Mint sprigs - 2 cups