



14 Days of Breakfast and Lunch

BREAKFAST	
Apple Cinnamon Oatmeal	1
Apple Strudel Bar	1
Blueberry Muffin	1
Chewy Chocolate Chip Granola Bar	1
Cinnamon Bun	1
Cinnamon Bun Bar	1
Cinnamon Streusel Muffin	1
Double Chocolate Muffin	1
Granola Cereal	2
Harvest Nut Bar	1
NutriFlakes	2
Sweetened O's	1
LUNCH	
Beans & Ham Soup	1
Black Beans & Rice	1
Cheddar Broccoli Rice	2
Cheese Tortellini	1
Chicken Noodle Soup	1
Chocolate Peanut Butter Bar	1
Double Chocolate Caramel Bar	1
Fudge Graham Lunch Bar	1
Homestyle Chicken	1
Mexican-Style Tortilla Soup	1
Spicy Kung Pao Noodles	1
Three Cheese Chicken	1
Trail Mix Bar	1