



***Coffee House* BREAKFAST**

1 reduced-fat bran muffin with yogurt and fresh fruit.

***Where's the Beef!* LUNCH**

Grilled sirloin patty seasoned with barbecue sauce, baked potato, broccoli with feta cheese crumbled on top.

Dessert: Banana & Caramel Cream Pies: In graham cracker tart shell, put banana slices, 1 tsp caramel ice cream topping, fat-free chilled vanilla pudding. Top with fat-free whipped topping.

***Energizing* Snack**

Celery sticks spread with a little peanut butter, topped with raisins.

***Grilled Cheese* DINNER**

Have a grilled cheese sandwich on whole grain bread. Serve with dill pickle spears and baked chips or pretzels.

Light frozen yogurt for dessert.