

Choice 1:

Half turkey club on whole wheat bread
2 oz. turkey, 0.5 oz bacon
Lettuce, tomato, mayonnaise
Vegetable of the day
Whole wheat roll or slice of bread
Whole fruit
Milk

Choice 2:

Half tuna salad sandwich
2.5 oz tuna salad, (has mayonnaise, mustard, sweet relish, onions, hard-boiled eggs)
on whole wheat bread with lettuce and tomato
Vegetable of the day
Whole wheat roll or slice of bread
Whole fruit
Milk

Choice 3:

Cup of vegetable beef and barley soup
Vegetable of the day
Whole wheat roll or slice of bread
Whole fruit
Milk

Choice 4:

Quiche of the day (example recipes below)
Vegetable of the day
Whole wheat roll or slice of bread
Whole fruit
Milk