

Fruit

peach
pear
apple
apricot
plum
kiwi
orange
grapefruit
banana
grapes
blueberry
melon
pineapple
strawberry
raisins
watermelon
cherries
cranberries
applesauce
lemon
juice popsicle
apple juice
orange juice
grape juice
lemonade
olives
rhubarb
dates
figs

Vegetables

baked potato
mashed potato
french fries
sweet potato
lettuce
tomato
cucumber
radish
green pepper
yellow pepper
red pepper
celery
cabbage
green beans
yellow beans
corn on cob
corn
mushrooms
onion
peas
beets

broccoli
spinach
carrot
asparagus
turnip
tomato soup
vegetable "
cauliflower
squash

Meat & Alternatives

baked beans
pizza
pizza pop
taco
burrito
donair
ham
pork chop
bacon
hot dog
" in bun
hamburger
" in bun

cheeseburger
meatballs
beef patties
pogo
lamb chop
steak
ribs
chicken leg
" breast
" nuggets
" sandwich
chicken strips
chicken burger
turkey
fish
fish sticks
fish burger
fish cakes
shrimp
fish&chips
sausage
pot pie
can salmon
can tuna
pepperoni
sloppy joe
peanut butter (2)
nuts
macaroni & cheese
lasagna
ravioli
spagetti

meat sandwich
fish sandwich
boiled egg
fried egg
poached egg
scrambled egg
omelet
egg sandwich
French toast
stew
chili
chick peas
tofu
meatloaf

Milk & Alternatives

* double pics to get 60
glass of milk (4)
chocolate milk
hot chocolate
cheese slices
chedder cheese
cottage cheese
swiss cheese

cheese sticks
cheese sandwich
grilled cheese
milkshake
fruit shake
chocolate shake
strawberry shake
chocolate pudding
butterscotch pudding
vanilla pudding
yogurt
cereal & milk
oatmeal & milk
pint carton of milk
ice cream in dish
ice cream cone
ice cream sandwich
ice cream bar
sundae
butter
cream
eggnog

Grains

noodles
spaghetti
macaroni
lasagna
ravioli
bagel
muffin
biscuit
roll
bread sticks
melba toast
English muffin
pancakes
waffles
crackers
animal crackers
fish crackers
graham crackers
pretzel
popcorn
corn chips
white rice
brown rice
wild rice
burrito
nachos
taco
French toast
White bread
Whole wheat bread
pita sandwich

oatmeal
cereal
sandwich
grilled cheese
choc chip cookie
oatmeal cookie
peanut butter cookie
rice cake
granola bar
cake
cupcake
hamburger bun
hot dog bun
pizza
pie crust
brownie
rice krispie square
bread stuffing
dumplings
cinnamon roll
banana bread
hot cross bun
