



		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
<b>Tuna Salad</b>										
Tuna Salad	<i>Fish, egg, dairy</i>	-	5 oz	5 oz	-	3M	3M	-	4.78g	4.78g
<b>Egg Salad</b>		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
Egg Salad	<i>Egg, dairy</i>	-	4 oz	4 oz	-	2M	2M	-	2.83g	2.83g
		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
<b>Vegetarian Caesar Salad Meal</b>						2V, 2M, 2G	2V, 2M, 2G		42g	42g
Romaine Lettuce, chopped		-	2 cup	2 cup	-	2V	2V	-	2g	2g
Parmesan Cheese, shredded	<i>Dairy</i>	-	1 oz	1 oz	-	1M	1M	-	1g	1g
Honey Roasted Sunflower Seeds		-	1 pkg (1.2 oz)	1 pkg (1.2 oz)	-	1M	1M	-	11g	11g
Caesar Dressing	<i>Egg, Dairy</i>	-	2 oz	2 oz	-	-	-	-	2g	2g
Whole Wheat Roll (optional)	<i>Wheat (gluten)</i>	-	1 ea	1 ea	-	2G	2G	-	26g	26g
		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
<b>Chicken Caesar Salad Meal</b>						3M, 2V, 2G	3M, 2V, 2G		31g	31g
Diced Chicken		-	2 oz	2 oz	-	2M	2M	-	-	-
Romaine Lettuce, chopped		-	2 cup	2 cup	-	2V	2V	-	2g	2g
Parmesan Cheese, shredded	<i>Dairy</i>	-	1 oz	1 oz	-	1M	1M	-	1g	1g
Caesar Dressing	<i>Egg, Dairy</i>	-	2 oz	2 oz	-	-	-	-	2g	2g
Whole Wheat Roll (optional)	<i>Wheat (gluten)</i>	-	1 ea	1 ea	-	2G	2G	-	26g	26g
		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
<b>Cheese Sandwich</b>					2.25G, 2M			32g		
Sliced Whole Wheat Bread	<i>Wheat (gluten)</i>	2 slices (2.28 oz)	-	-	2.25G	-	-	30g	-	-
Cheese, mild cheddar	<i>Dairy</i>	4 slices (2 oz)	-	-	2M	-	-	2g	-	-
		<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>	<i>ES</i>	<i>MS</i>	<i>HS</i>
<b>Grilled 100% Beef Burger with Cheese on Bun (Advance Pierre)</b>		1	1	1	2.5M,2G	2.5M,2G	2.5M,2G	27.58g	27.58g	27.58g
Beef Patty		1 ea	1 ea	1 ea	2M	2M	2M	1g	1g	1g
Bun (by itself)	<i>Wheat (gluten)</i>	1 ea	1 ea	1 ea	2G	2G	2G	26g	26g	26g
Cheddar Cheese	<i>Dairy</i>	1 slice (1/2 ounce)	1 slice (1/2 ounce)	1 slice (1/2 ounce)	.5M	.5M	.5M	.58g	.58g	.58g