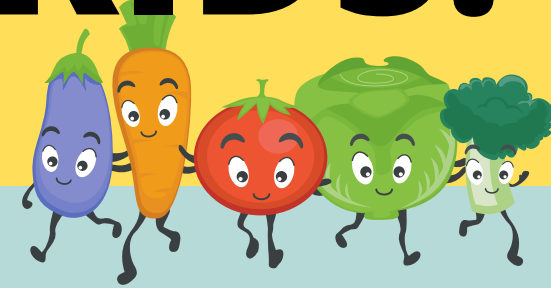



at home MEAL SCHEDULE

FOR KIDS!



	TIME	SUGGESTIONS
 breakfast		eggs & toast, cereal, bagel, english muffin, fruit, yogurt, oatmeal, pancakes, waffles
 snack		fruit, veggies & dip, toast, crackers & cheese, yogurt, cheese string, goldfish, pitas
 lunch		soup & sandwich, sandwich, salad, wraps, homemade lunchable, sliders, hot dogs
 snack		chips & dip, veggies & dip, cheese cubes, crackers, fruit snack, grapes, crackers
 dinner		hamburgers, hot dogs, grilled chicken breast, salad, pasta, fajitas, tacos, quesadillas
 snack		popcorn, toast w/ butter, crackers, cheese cubes, hard boiled eggs, banana w/ pb