

Diet For Health (DFH)
Sack Meal Menu

2024 - 2025

| MON | Breakfast | |
|------------|--------------------------|--------------|
| | | |
| Bread | Dry Cereal | 1 box |
| Bread/Meat | Pancakes w/Peanut Butter | 2 ea/2 tbsps |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Chicken Patty sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|-----------------------------------|------|
| Meat | Fish Sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Milk | 8oz |

| TUES | Breakfast | |
|-------|--------------|----------|
| Meat | Boiled Eggs | 1 ea |
| Bread | Dry Cereal | 1 box |
| Bread | Sliced Bread | 2 slices |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Meat | BBQ Beef Sandwich | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|------------------------------------|------|
| Meat | Ground Beef Patty Sndwch w/Mustard | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| WEDS | Breakfast | |
|------------|--------------------------|--------------|
| | | |
| Bread | Dry Cereal | 1 box |
| Bread/Meat | Pancakes w/Peanut Butter | 2 ea/2 tbsps |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Meatloaf Sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|-----------------------------------|------|
| Meat | BBQ Beef Link Sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| THURS | Breakfast | |
|-------|--------------|----------|
| Meat | Boiled Eggs | 1 ea |
| Bread | Dry Cereal | 1 box |
| Bread | Sliced Bread | 2 slices |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Meat | Beef Patty Sndwch w/Mustard | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|-----------------------------------|------|
| Meat | Fish Sndwch w/Mustard | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| FRI | Breakfast | |
|------------|--------------------------|--------------|
| | | |
| Bread | Dry Cereal | 1 box |
| Bread/Meat | Pancakes w/Peanut Butter | 2 ea/2 tbsps |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Chicken Patty Sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|-----------------------------------|------|
| Meat | Beef Soft Tacos | 2 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

Sack Meal Menu

| SAT | Breakfast | |
|-------|--------------|----------|
| Meat | Boiled Eggs | 1 ea |
| Bread | Dry Cereal | 1 box |
| Bread | Sliced Bread | 2 slices |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | BBQ Beef Sandwich | 1 ea |
| | | |
| Meat | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|-----------------------------------|------|
| Meat | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Meat | Veggie Burger/Mustard | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| SUN | Breakfast | |
|------------|--------------------------|-------------|
| | | |
| Bread | Dry Cereal | 1 box |
| Bread/Meat | Pancakes w/Peanut Butter | 2 ea/2 tbsp |
| | Diet Jelly | 2 pkts |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |

| | Lunch | |
|-------|-----------------------------------|------|
| Meat | Italian Meatloaf Sandwich | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Prunes | 2oz |
| | Punch or Tea | |

| | Dinner | |
|-------|------------------------------------|------|
| Meat | Ground Beef Patty Sndwch w/Mustard | 1 ea |
| | | |
| Bread | Peanut Butter & Diet Jelly Sndwch | 1 ea |
| | | |
| Fruit | Raisins | 2oz |
| Dairy | Milk | 8oz |