

2025 - 2026 LOCKDOWN MENUS

DAY 1

DAY 2

DAY 3

Breakfast			Breakfast			Breakfast		
Meat	Boiled Eggs	2	Meat	Scrambled Egg Sandwich	1/2c Egg	Meat	Freid eggs Sandwich	2 Eggs
Bread	White Bread	2 sl	Bread	on White Bread	2 sl	Bread	on White Bread	2 sl
Fruit	Raisins	2 Tbs	Fruit	Raisins	2 Tbs	Fruit	Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c	Cereal	Dry Cereal(no bran)	3/4c	Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs	Fat	Margarine on Sandwich	1Tbs	Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkt	Cal Supl	Diet Jelly	2 pkt	Cal Supl	Diet Jelly	2 pkt
Milk	Milk	8 oz	Milk	Milk	8 oz	Milk	Milk	8 oz
LUNCH			LUNCH			LUNCH		
Meat	Chicken Patty Sandwich	1	Meat	Beef Patty Sandwiches	1	Meat	Chicken Patty Sandwiches	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	1	Meat	Tuna Salad Sandwich	1/2 cup	Meat	Beef Patty Sandwich	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup	Fruit	Raisins	2 Tbs
						Cal Supl	Cake	2"x2"
DINNER			DINNER			DINNER		
Meat	Fried Fish Sandwich	1	Meat	Chicken Patty Sandwiches	1	Meat	Beef Patty Sandwiches	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Tartar Sauce	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Meat	Chicken Patty Sandwich	1	Meat	Beef Patty Sandwich	1	Meat	Fried Fish Sandwich	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Tartar Sauce	1 Tbs
Fruit	Fruit	1/2 cup	Fruit	Fruit		Fruit	Fruit	1/2 cup

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DAY 4

DAY 5

DAY 6

BREAKFAST			BREAKFAST			BREAKFAST		
Meat	Boiled Eggs	2	Meat	Scrambled Eggs Sandwich	2 Eggs	Meat	Freid Egg Sandwich	2 Eggs
Bread	White Bread	2 sl	Bread	on White Bread	2 sl	Bread	on White Bread	2 sl
Fruit	Raisins	2 Tbs	Fruit	Raisins	2 Tbs	Fruit	Raisins	2 Tbs
Cereal	Dry Cereal(no bran)	3/4 c	Cereal	Dry cereal(no bran)	3/4 c	Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs	Fat	Margarine	1 Tbs	Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkt	Cal Supl	Diet Jelly	2 pkt	Cal Supl	Diet Jelly	2 pkt
Milk	Milk	8 oz	Milk	Milk	8 oz	Milk	Milk	8 oz
LUNCH			LUNCH			LUNCH		
Meat	Baked Chicken Qtr	1	Meat	Fried Fish Sandwich	1	Meat	Chicken Patty Sandwich	1
Bread	White Bread	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Margarine	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Meat	Chicken Patty Sandwich	1	Meat	Beef Patty Sandwich	1	Meat	Fried Fish Sandwich	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Tartar Sauce	1 Tbs
Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup
Cal Supl	Plain Cookies	2				Cal Supl	Plain Cookies	2
DINNER			DINNER			DINNER		
Meat	Fried Fish Sandwich	1	Meat	Chicken Patty Sandwiches	1	Meat	Beef Patty Sandwiches	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Tartar Sauce	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	1	Meat	Beef Patty Sandwich	1	Meat	Chicken Patty Sandwich	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 c

2025 - 2026 LOCKDOWN MENUS

DAY 7

DAY 8

DAY 9

BREAKFAST			BREAKFAST			BREAKFAST		
Meat	Boiled Eggs	2	Meat	Scrambled Egg Sandwich	2 Eggs	Meat	Freid Egg Sandwich	2 Eggs
Bread	White Bread	2 sl	Bread	on White Bread	2 sl	Bread	on White Bread	2 sl
Fruit	Fruit Bar	2	Fruit	Fruit Bar	2	Fruit	Canned Fruit	2
Cereal	Dry cereal(no bran)	3/4c	Cereal	Dry Cereal(no bran)	2 sl	Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs	Fat	Margarine	1 Tbs	Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkts	Cal Supl	Diet Jelly	2 pkts	Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 oz	Milk	Milk	8 oz	Milk	Milk	8 oz
LUNCH			LUNCH			LUNCH		
Meat	Chicken Patty Sandwiches	1	Meat	Baked Chicken	1qtr	Meat	Fried Fish Sandwich	1
Bread	on White Bread with	2 sl	Bread	White Bread	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Margarine	1 Tbs	Fat	Tartar Sauce	1 Tbs
Meat	Beef Patty Sandwich	1	Meat	Beef Patty Sandwich	1	Meat	Chicken Patty Sandwich	1
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	7 Tbs	Fat	Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup
SUPPER			SUPPER			SUPPER		
Meat	Meatloaf Sandwich	1	Meat	Chicken Patty Sandwich	2 oz	Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs	Fat	Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	1	Meat	Fried Fish Sandwich	1	Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl	Bread	on White Bread with	2 sl
Fat	Tartar Sauce	1 Tbs	Fat	Tartar Sauce	1 Tbs	Fat	Salad Dressing	1 Tbs
Fruit	Fruit	1/2c	Fruit	Fruit	1/2 cup	Fruit	Fruit	1/2 cup

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DAY 10

BREAKFAST

Meat	Scrambled Egg Sandwich	2 Egg
Bread	on White Bread	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Sup	Diet Jelly	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Chicken Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup
Cal Supl	Plain Cookies	2

SUPPER

Meat	Fried Fish Sandwich	1
Bread	on White Bread	2 sl
Fat	with Tartar Sauce	1 Tbs
Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

DAY 11

BREAKFAST

Meat	Boiled Eggs	2
Bread	White Bread	2sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Meatloaf Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	1
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

SUPPER

Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

DAY 12

BREAKFAST

Meat	Scrambled Egg Sandwich	2 Eggs
Bread	on White Bread	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 ox

LUNCH

Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

SUPPER

Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

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DAY 13

BREAKFAST

Meat	Fried Egg Sandwich	2 Egg
Bread	on White Bread	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Baked Chicken Qtr	1
Bread	White Bread	2 sl
Fat	Margarine	1Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

SUPPER

Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Tartar Sauce	1 Tbs
Fruit	Fruit	1/2 cup

DAY 14

BREAKFAST

Meat	Boiled Eggs	2
Bread	White Bread	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	1
Bread	on White Bread with	2 sl
Fat	Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

SUPPER

Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

DAY 15

BREAKFAST

Meat	Scrambled Egg Sandwich	2 Eggs
Bread	on White Bread	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Ybs
Cal Supl	Diet Jelly	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

SUPPER

Meat	Fried Fish Sandwich	1
Bread	on White Bread	2 sl
Fat	with Tartar Sauce	1 Tbs
Meat	Beef Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup

2 sl

2025 - 2026 LOCKDOWN MENUS

DAY 16

BREAKFAST

Meat	Boiled Eggs	1
Bread	French Toast	2 sl
Fruit	Canned Fruit	1/2 cup
Cereal	Dry Cereal(no bran)	3/4 c
Fat	Margarine	1 Tbs
Cal Supl	Diet Syrup	2 pkts
Milk	Milk	8 oz

LUNCH

Meat	Meatloaf Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Chicken Patty Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Fruit	Fruit	1/2 cup
Cal Supl	Plain Cookies	2

SUPPER

Meat	Chicken Sandwich	2 oz
Bread	on White Bread	2 sl
Fat	with Salad Dressing	1 Tbs
Meat	Fried Fish Sandwich	1
Bread	on White Bread	2 sl
Fat	with Tartar Sauce	1 Tbs
Fruit	Fruit	1/2 cup