

Full Liquid Menu Plan

Breakfast

Milk	8 oz.
Punch	4 oz.
Cream-based soup	8 oz.
Jello	4 oz.
Coffee or Tea	4 oz.
Sugar	1 tbsp

Mid-Morning

Water	4 oz.
Punch	4 oz.
Chicken Broth	8 oz.
Coffee or Tea	4 oz.
Sugar	1 tbsp

Lunch

Milk	8 oz.
Punch	4 oz.
Cream-based soup	8 oz.
Jello	4 oz.
Coffee or Tea	4 oz.
Sugar	1 tbsp

Dinner

Water	8 oz.
Punch	4 oz.
Cream-based soup	8 oz.
Jello	4 oz.
Coffee or Tea	4 oz.
Sugar	1 tbsp

Mid-Evening

Water	4 oz.
Punch	4 oz.
Beef Broth	8 oz.
Coffee or Tea	4 oz.
Sugar	1 tbsp