

**Alternates available at all meals upon request:**

**Whole Wheat Bread**

**Whole Grain Bread**

**Peanut Butter, Cottage Cheese or Yogurt**

**Canned Tuna, Flakes of Ham, Flakes of Chicken**

**Canned Fruit or Bananas**

**Always available:**

**Pudding cups, gelatin, cookies, crackers with soup,**

**Assorted juices and 2% milk offered at every meal**

**Peanut butter/jam/jelly/honey**