

# TROJAN TAKEOUT



## Trojan Takeout Sample Menu:

### BREAKFAST:

- 2 Individual Packets of Instant Oatmeal
- OR 1 Full Box of Cereal

### LUNCH:

- 1 Jar of Peanut Butter & 1 Plastic Jar of Jelly or Jam
- OR 2 Boxes of Macaroni and Cheese
- OR 2 Cans of Soup or Stew

### SNACK:

- 2 Granola Bars
- OR 2 Small Bags of Pretzels
- OR 2 Bags of Goldfish Crackers

### 1 OPTION OF FRUIT

- 1 Can of Peaches or Pears in 100 percent juice, not heavy syrup
- OR 1 Plastic Container of Applesauce
- OR 100 percent Fruit Snacks or Fruit Leather

### 1 OPTION OF VEGETABLES

- 1 Can of Green Beans, Carrots, or Corn