

## **ATTACHMENT B – MINIMUM MEAL SPECIFICATIONS**

**BREAKFAST** shall consist of: (served 6:30 am – 8:00 am)

- Two large eggs, scrambled or fried, or a 3 egg omelet.
- Meat item, 3 slices of bacon or sausage links, or one 4 oz. sausage patty.
- Bread, 2 slices of toast, or waffles, or French toast, or pancakes.
- Potatoes, 6 oz. serving of the following: hash browns, home fries or tater tots.
- Fresh brewed coffee, and hot water with tea bags, instant cocoa mix, and liquid dairy creamer.
- Pints of assorted fruit juice and milk.
- Condiments, butter and margarine, salt, pepper, ketchup, syrup, etc. as required by menu selected.

**LUNCH (bagged):** (prepared by 7:30 am)

- Two (2) sandwiches: a) one sandwich consisting of peanut butter and jelly; and b) one sandwich or wrap consisting of 4 oz. of meat, or a combination of meat and cheese weighing 4 oz. Bread to be wheat.
- Individual serving size (1.5 oz. or larger) bag of potato or corn chips.
- 2 oz. factory wrapped snack of cookies, brownies or granola bars.
- Fresh fruit consisting of one 100 size apple or 88 size orange.
- Drinks in either two 5 oz. cans w/pop tops or non crushable paper type containers.
- One factory wrapped snack consisting of a candy bar or bagged candy or trail mix.
- Condiments in individual packets: mayonnaise, ketchup, mustard, salt and pepper. Napkin and hand wipe.

**LUNCH (hot):** (served 11:00 am – 1:00 pm)

- 6-8 oz. portion of beef, pork, poultry or other protein source.
- 4 oz. serving of fruit, vegetable, or salad bar.
- 6-8 oz. potato or pasta dish.
- 4 oz. bread or rolls
- Coffee, milk, fruit drink, hot water, tea bags.
- 4 oz. snack of cookies, brownies or granola bars.
- All condiments as applicable.

**SUPPER:** (served 5:00 pm – 7:00 pm)

- One (1) 6-8 oz. portion of beef, pork or poultry.
- Two (2) 4 oz. servings of vegetables or a salad bar.
- 6-8 oz. potato or pasta dish.
- 4 oz. bread or rolls
- Coffee, milk, fruit drink, hot water, tea bags.
- Slice of fruit pie or cake.
- All condiments as applicable.