

Lawrence Hy-Vee CHAMPSS Menu

Breakfast

Protein: Choice of Turkey Sausage or Turkey Bacon + 2 eggs

- Over easy
- Over Medium
- Over Hard
- Scrambles
- Omelet with 1/2 cup veggies

Fruit (Select one option)

- Apple
- Orange
- Banana

Grain (Select one option)

- 2 slices of whole wheat toast
- English muffin

Milk (Skim or 1%)

PLEASE NOTE -- Substitutions are not allowed per the meal guidelines set for the program. You are welcome to purchase items not included. Thank You!

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Lunch & Dinner

Protein- 3 oz. portion (Select one option)

- Herb Roasted Chicken
- 1/2 Piece Meatloaf

Vegetable- 1 Cup (Select one option)

- Green Beans
- 4 Beans Salad
- Tomato Roughy
- Mashed Potatoes w/ gravy

Fruit (Select one option)

- Apple
- Orange
- Banana

Grain- 1 oz or 1/2 cup (Select one option)

- Macaroni Salad
- Whole grain roll

Milk (skim or 1%)

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