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| **McDonald’s** | **Monday** | **Tuesday** | **Wednesday** |
| **Breakfast** | * Sausage, Egg and Cheese McGriddle
* Hash brown
* Large Hi-C Orange Lavaburst
 | * Hotcakes and sausage
* Cinnamon Melts
* Medium McCafe Frappe Chocolate Chip
 | * Sausage McMuffin with Egg
* Fruit’N Yogurt Parfait
* Medium McCafe Hot Chocolate
 |
| **Lunch** | * Big Mac
* Medium Fry
* Large Dr. Pepper
 | * Southern Style Crispy Chicken Sandwich
* Large Fry
* Dasani Water
 | * Crispy Ranch Snack Wrap
* Crispy Honey Mustard Snack Wrap
* Small Fry
* Large Diet Coke
 |
| **Dinner** | * Quarter Pounder with Cheese
* Fruit and Walnuts
* Large Coke
 | * 3 McDoubles
* Mac Snack Wrap
* Medium McCafe Mango Pineapple Real Fruit Smoothie
 | * 2 Double Cheeseburgers
* Hot’n Spicy McChicken
* Apple Slices
* Large Strawberry Shake
 |

**Meal Plan**

***McDonald’s***