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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***