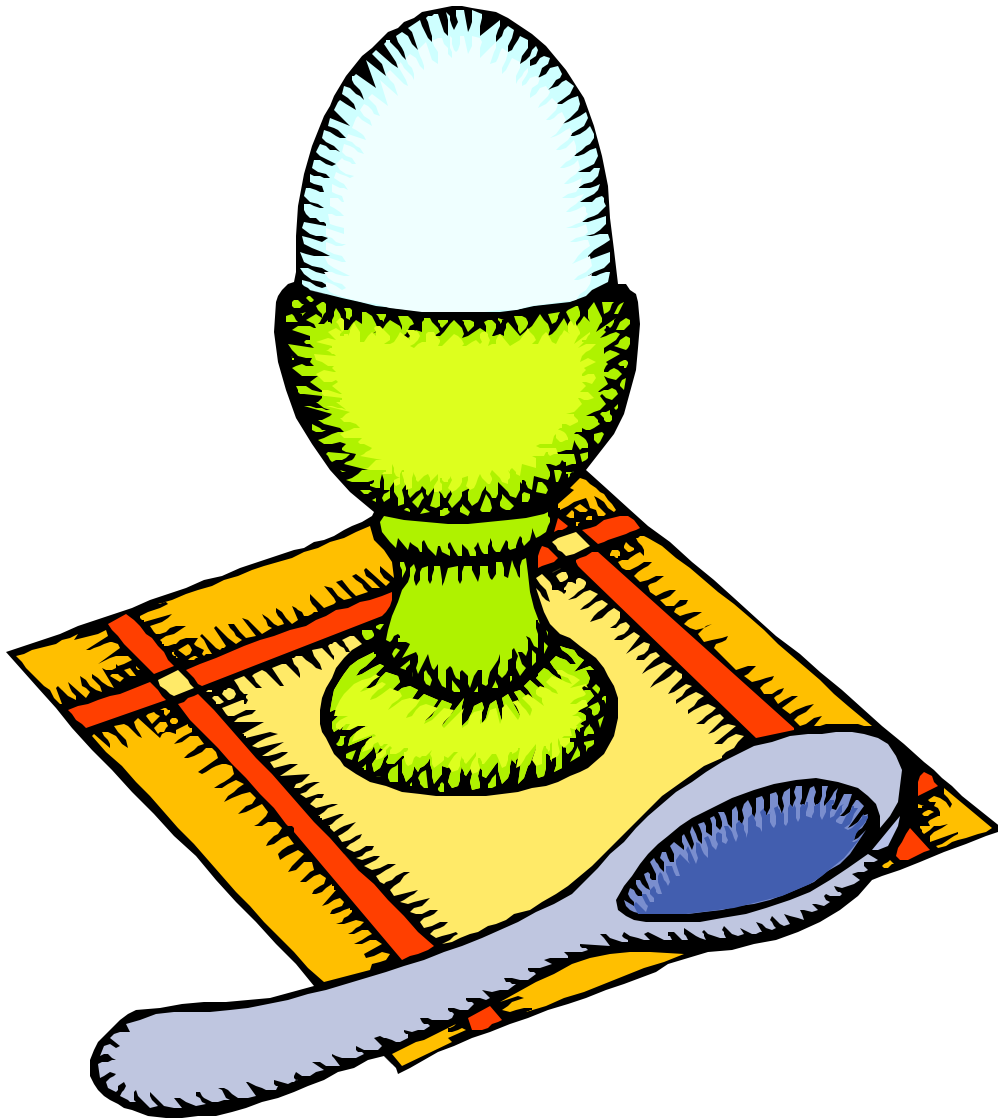


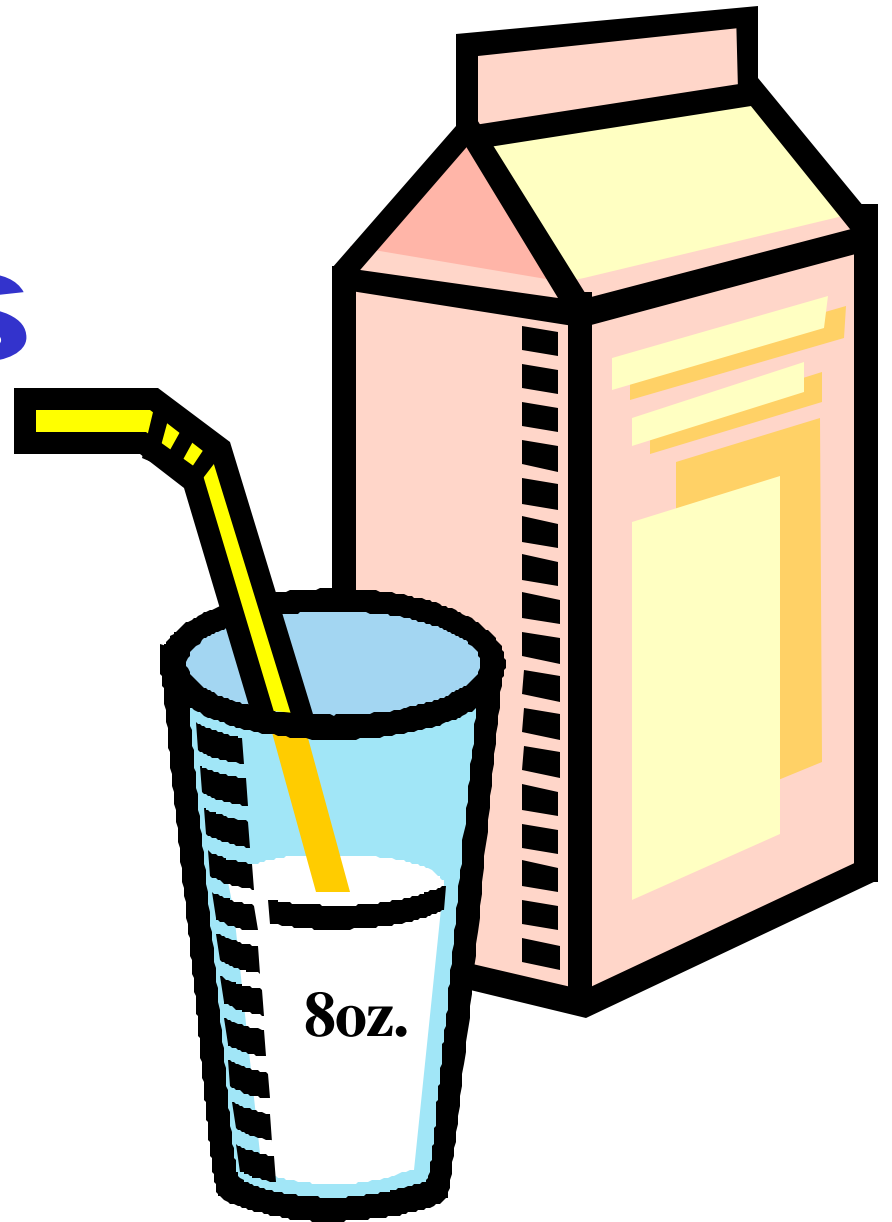
1 Hard Boiled Egg



**6 Ounces
Calcium-
Fortified
Orange
Juice**



**8 ounces
of
Milk**



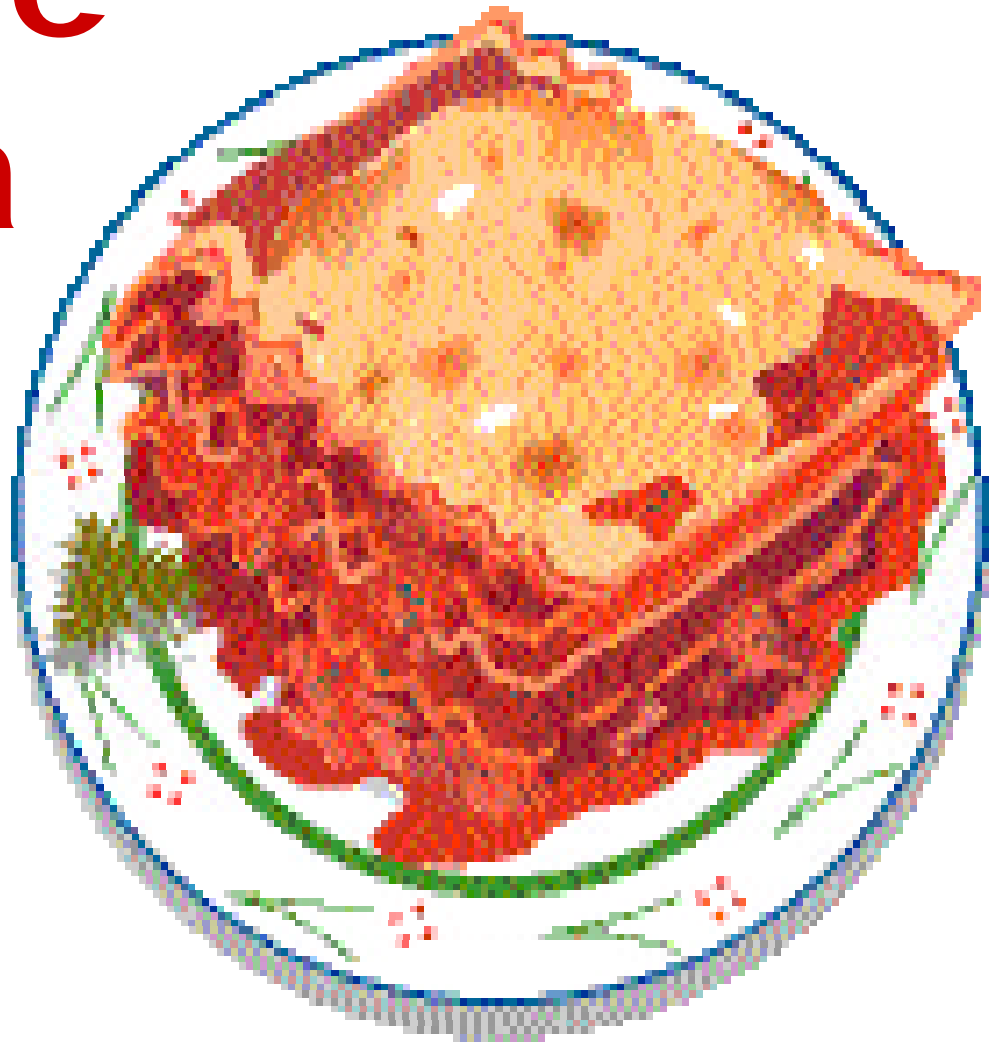
**1/2 Cup
Cooked
Broccoli**





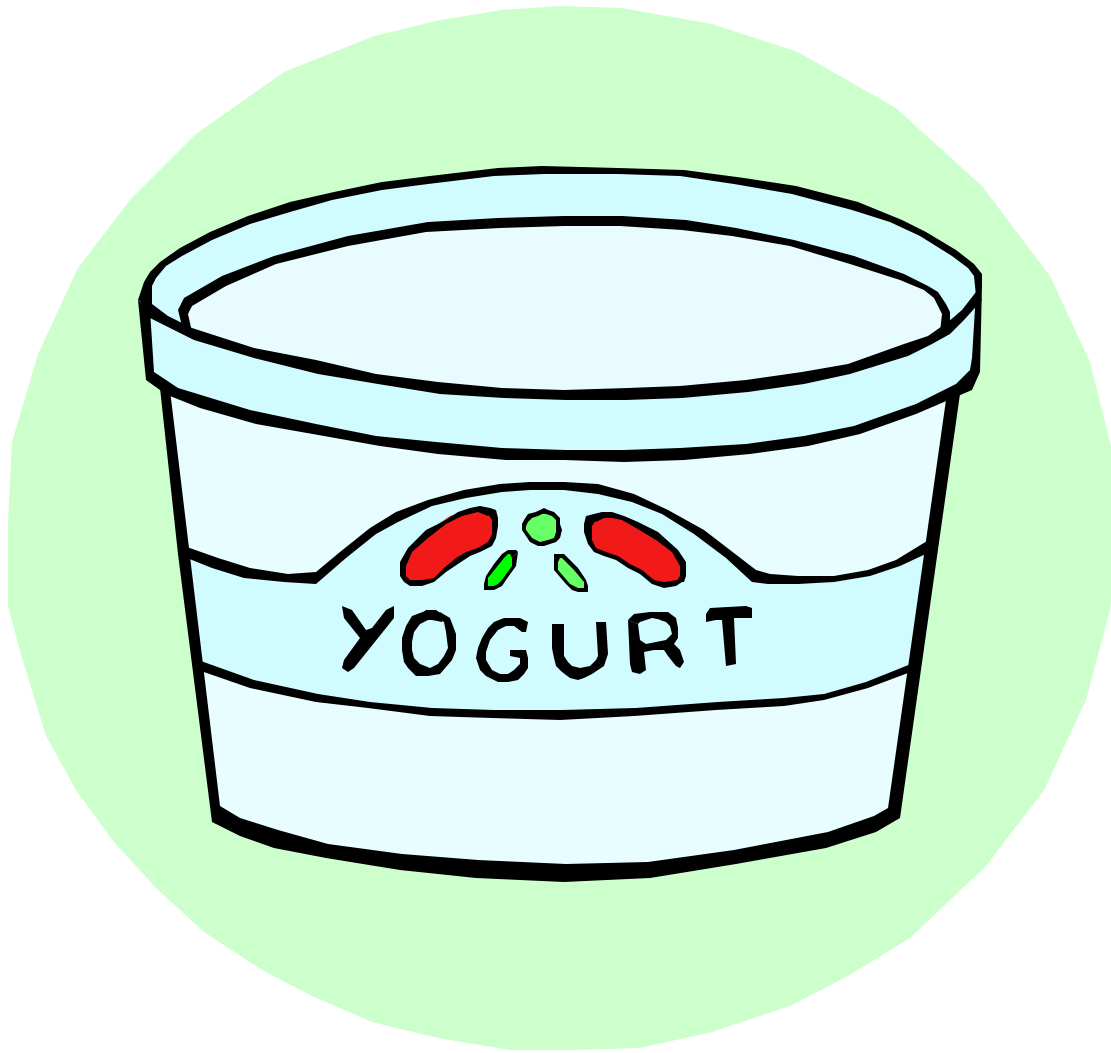
**3 Ounces Sardines
With Bones**

8 Ounces Vegetable Lasagna





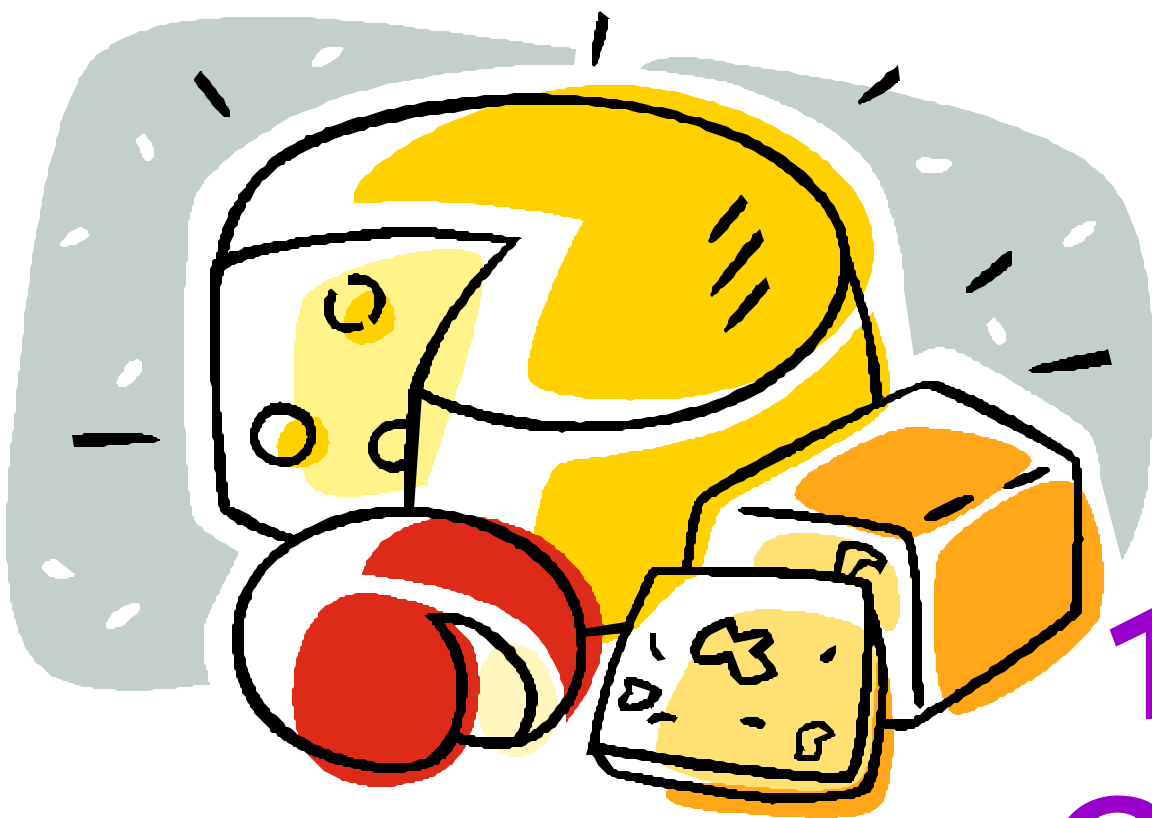
**1 Ounce Cream
Cheese**



**1 Cup
Fruit
Yogurt**

**1/2 Cup
Cottage
Cheese**





**1 ounce
Cheddar
Cheese**