

# START THE DAY RIGHT WITH A GOOD BREAKFAST

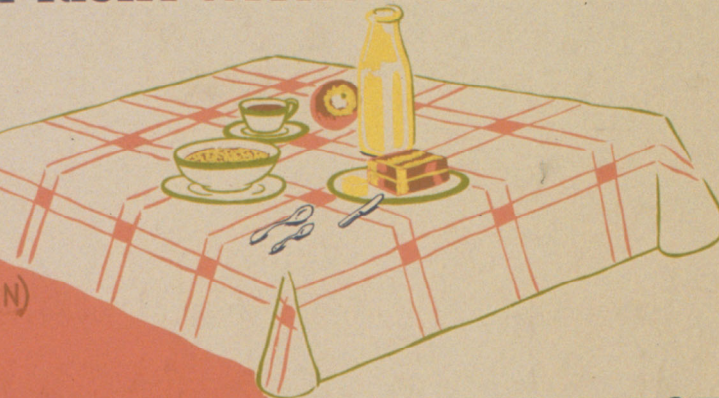
ORANGE

OATMEAL WITH MILK

TOAST WITH BUTTER

COFFEE FOR ADULTS

(MILK OR COCOA FOR CHILDREN)



# PLAN YOUR LUNCHEON WISELY



SLICED EGG AND LETTUCE SANDWICH ON

WHOLE WHEAT OR ENRICHED WHITE BREAD

APPLE, BAKED OR RAW

MILK

COOKIES

# DINNER SHOULD BALANCE YOUR DAY'S MEALS

VEGETABLE SOUP

POT ROAST

BAKED POTATO

BUTTERED CARROTS

COLE SLAW

MUFFINS AND BUTTER

CHOCOLATE PUDDING

TEA OR COFFEE FOR ADULTS . . . . MILK FOR CHILDREN



NEW YORK CITY NUTRITION PROGRAM



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