

Braces Friendly Menu

These are a few suggestions



Breakfast:

Pancakes, Waffles, Sausage, Hash Browns, Cereal, Eggs, Oatmeal, Grits, Toast, Biscuits and Gravy, Muffins, Breakfast Burritos



Lunch:

Sloppy Joes, Pizza (no crust), Chicken Nuggets, Hamburgers, Soft Tacos, Burritos, Corn Dogs, Hot Dogs, Soup, Sandwiches, Quesadillas, Fish Sticks, Mac and Cheese, Baked Beans, Refried Beans, Rice, Cheese Sticks, Potato Wedges



Dinner:

Boneless Chicken, Chinese Food, Chili, Pasta, Meat Loaf, Shrimp, Roasted Turkey, Cooked Ham, Fish Fillet, Mashed Potatoes, Corn, Green Beans, Sweet Potatoes, Salads (no nuts), Peas, Cooked Mixed Veggies



Snacks:

Yogurt, Ice Cream, Soft Cookies, Pudding, Bananas, Cupcakes, Grapes, Oranges, Jello, Applesauce, Cheese, Cheese Puffs, Puff Corn, Crackers



Candy:

3 Musketeers, Reeses, Plain M&M's, Plain Hershey's Chocolate Bar, Hershey's Cookies and Cream Bar, Hershey's Kisses

Beverages:

Water, Gatorade, Powerade, Apple Juice, White Grape Juice, Orange Juice, Vitamin Water, Milk

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