milk
raisins
tuna fish
broccoli
cereal

salad

hamburger

carrot
oatmeal
banana
black beans
soy milk
cottage cheese
grapes
chicken
beans
crackers
kiwi
eggs
tomato
yogurt
peach
shrimp
peas
string cheese
pear
ham
spinach
brown rice
strawberries
watermelon
cheese
sweet potato
bread
popcorn
tortilla