

Day: Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Date:

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	BREAD OR ALTERNATE							
	JUICE OR FRUIT OR							
	VEGETABLE							
	MILK							
A M S N A C K	MEAT OR ALTERNATE							
	BREAD OR ALTERNATE							
	JUICE OR FRUIT OR							
	VEGETABLE							
	MILK							
L U N C H	MEAT OR ALTERNATE							
	BREAD OR ALTERNATE							
	FRUIT OR VEGETABLE							
	FRUIT OR VEGETABLE							
	MILK							
P M S N A C K	MEAT OR ALTERNATE							
	BREAD OR ALTERNATE							
	JUICE OR FRUIT OR							
	VEGETABLE							
	MILK							
D I N N E R	MEAT OR ALTERNATE							
	BREAD OR ALTERNATE							
	FRUIT OR VEGETABLE							
	FRUIT OR VEGETABLE							
	MILK							
E V E S N A C K	MEAT OR ALTERNATE							
	BREAD OR ALTERNATE							
	JUICE OR FRUIT OR							
	VEGETABLE							
	MILK							