

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cereal Bananas milk	Hard boiled eggs toast juice	Waffles Berries Milk	Yogurt fruit milk	Toast fruit juice	Muffins/loaf milk	Cereal bars Fruit juice
Pancakes Sausages Corn Cucumbers Fruit milk	Spaghetti Meatballs Salad Garlic bread Fruit salad milk	Pizza Caesar salad Ice cream milk	Chicken nuggets Rice Peas Bread Cookies milk	Soup/crackers Sandwich Pickles cheese Apple crisp milk	Hamburgers Hash browns carrots Orange slices milk	Honey garlic sausages Pasta with parmesan cheese Tossed salad Broccoli Pudding milk
Animal crackers/ arrowroot Apple Sauce juice	Muffins or loaf milk	Crackers Cheese Fruit Juice	Assorted fruit juice	Granola bars milk	Pretzels Cheese juice	Nachos Cheese Salsa juice

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