

Kid Tested...Nutritionist Approved

Monday	Tuesday	Wednesday	Thursday	Friday
1 Plain Bagel Lite Cream Cheese Apple Slices Chocolate Milk	2 Trix Cereal String Cheese Pear Cup White Milk	3 Lo fat Muffin Yogurt Banana White Milk	4 Walking Waffle Grapes White Milk	5 Wheat Bagel Lite Cream Cheese Orange Juice Chocolate Milk
8 Cinn. Toast Cereal String Cheese Applesauce White Milk	9 Choc Chip Loaf String Cheese AppleSlices White Milk	10 Cheerios String Cheese Juice White Milk	11 Turkey Roll-up Roll-up Orange Juice Chocolate milk	12 Trix Cereal String Cheese Apple Slices White Milk
15 Lo fat Muffin Yogurt Banana White Milk	16 Wheat Bagel Lite Cream Cheese Mixed Fruit Chocolate Milk	17 Golden Grahams Cereal American Cheese Pear Cup White Milk	18 Walking Waffle Grapes White Milk	19 Plain Bagel Lite Cream Cheese Apple Slices Chocolate Milk
22 Cheerios String Cheese Raisins White Milk	23 Choc Chip Loaf String Cheese Pear Cup White Milk	24 Cinn Toast Cr Cereal String Cheese Apple Slices White Milk	25 Turkey Roll-up Roll-up Orange Juice Chocolate milk	26 Golden Graham Cereal American Cheese Banana White Milk
29 Plain Bagel Lite Cream Cheese Apple Slices Chocolate Milk	30 Trix Cereal String Cheese Pear Cup White Milk	31 Lo fat Muffin Yogurt Banana White Milk		