





Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
		1 Fruit snacks milk	2 Apples slices w/ dip milk	3 Cheese cubes Crackers milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 Smores bar milk	7 Rice krispy treat milk	8 Carrots w/ dip milk	9 Graham crackers milk	10 White cheddar Popcorn milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 Turkey stick Cheese stick milk	14 Goldfish milk	15 Harvest chip Milk	16 Cereal bar milk	17 Chex mix milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 Poptart milk	21 Nutri grain bar milk	22 Granola bar milk	23 Cheez it milk	24 Choc cookie milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
No School! Memorial Day	28 Broccoli/ dip milk	29 Yogurt milk	30 Oatmeal bar milk	31	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

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