



1	Monday	Tuesday	Wednesday	Thursday	Friday	Average		
	•		•		•	Nutrients		
				1 Muffin Fruit Milk	2 Waffles Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
	5 Cereal Bar Fruit Milk	6 Donuts Milk	7 Granola Bar Fruit Milk Juice	8 Cinnamon Roll Milk	9 Pancakes Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
	12 Oatmeal Bar Fruit Milk	13 Cinnamon Pretzel Stick Milk	14 French Toast Milk	15 Poptarts Juice Milk	16 Bagel w/ Cream Cheese Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
	19 Lemmon Bread Milk	20 Yogurt Cheese stick Milk	21 Frudel Fruit Milk	22 Waffle Fruit Milk	23 Cinnamon Roll Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
	No School!	27 Donuts Milk	28 Muffin Milk	29 Cereal Bar Fruit Milk	30	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		