



Monday	Tuesday	Wednesday	Thursday	Friday	Average		
•	_		•	-	Nutrients		
			1 Goldfish Milk	2 Graham Crackers Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
5 Rice Krispy Treat Milk	6 Smores Bar Milk	7 Chex Mix Milk	8 Pretzels Juice	9 Fruit Snacks Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
12 Granola Bites Milk	13 Crackers Cheese Stick Milk	14 WG Cookie Milk	15 Cheez Its Milk	16 Carrots Dip Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
19 Lemmon Bread Milk	20 White Cheddar Popcorn Juice	21 Cinnamon Goldfish Milk	22 Gogurt Fruit Milk	23 Nutrigrain Bar Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		
No School!	27 Cheese Cubes Apples Milk	28 Fruit Snacks Milk	29 Graham Crackers Milk	30	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:		