





Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
			1	2	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5	6	7	8	9	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12	13	14	15	16	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19	20 Cheddar Goldfish Juice	21 Nutrigrain Bar Juice	22 Graham Crackers Juice	23 Fruit Snacks Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26 Pretzels Juice	27 Yogurt Juice	28 WG Cookie Juice	29 Crackers Cheese Stick Juice	30 Granola Bar Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: