

WG – Whole Grain WW – Whole Wheat WM – White Meat

		*	THEODAY	20			THUDODAY			
<u> </u>	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	+	FRIDAY	
AM:	Nutri Grain bar Milk	2	AM: Cheese stick 3 Wheat Thins	AN	I: Lucky Charms cereal 4 Milk	AM	: Vanilla yogurt 5 Nut free granola	AM:	Vanilla wafers Milk	6
L:	Mini corn dogs Baked beans Peaches Milk		L: French toast sticks Sausage links Hash browns Mandarin oranges Milk		: Spaghetti w/ meat sauce Green beans Applesauce Milk	L	: WM Chicken patty on WW bun Corn Pears Milk	L:	Bosco sticks w/ pizza sauce Carrot sticks w/ ranch Bananas Milk	
PM:	Cinnamon Life cereal Milk		PM: Cheez-its Milk	PN	I: Pretzels Milk	PM	: S'more snack cereal Milk	PM:	Chex snack mix Milk	
AM:	Cottage cheese Mandarin oranges	9	AM: Mini blueberry muffins 10 Milk	AN	l: Bananas 11 Milk	AM	: Mini bagels w/ cream cheese 12 Milk	ÅM:	Trix cereal Milk	13
L:	Cheeseburger on WW b Corn Peaches Milk	bun	L: Chicken noodle soup WW crackers Celery w/ cream cheese Mixed fruit Milk	L	Taco meat/shredded cheese WG tortilla shell Green peppers Pineapple Milk	L	: Macaroni and cheese Peas Oranges Milk	L:	WM Chicken nuggets Bread and butter Broccoli Pears Milk	
PM:	Animal crackers Milk		PM: Popcorn Cheese cubes	PN	I: Vanilla wafers Milk	PM	: Cinnamon graham crackers Milk	PM:	Golden Graham cereal Milk	
ÅM:	Kix cereal Milk	16	AM: Apple slices / sunflower butter <b>17</b> Milk	ÅN	I: Nutri Grain bar 18 Milk	ÅΜ	: Banana <b>19</b> Milk	ÄM:	Cheese cubes Pretzels	20
Ŀ	Chicken tenders on tortil Shredded cheese Cucumber slices w/ rand Peaches Milk		L: Meatballs w/ gravy Mashed potatoes Dinner roll Pineapple Milk		: Cheesy beefy macaroni Green beans Applesauce Milk	L	: Beef hot dog on WW bun Tator tots Mixed fruit Milk	L:	Extra cheese pizza Carrots w/ ranch Bananas Milk	
PM:	Cheez-its Milk		PM: Vanilla yogurt Nut free granola	PN	I: Chocolate animal crackers Milk	PM	: Apple Jacks cereal Milk	PM:	Cheddar Goldfish crackers Milk	
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