

Monday



3



10



17

24

WG Cereal	30g
Graham Cracker	11g
Fresh Fruit	25g

31

WG Cereal	30g
Graham Cracker	11g
Fresh Fruit	25g

Tuesday



4



11

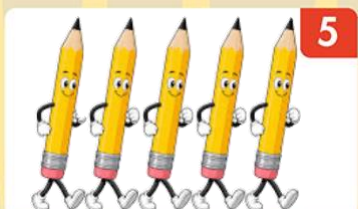


18

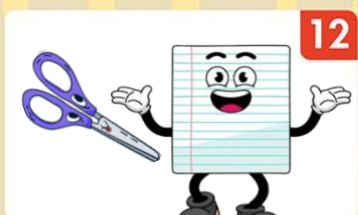
25

Donut	23g
Applesauce	17g
Fruit Juice	20g

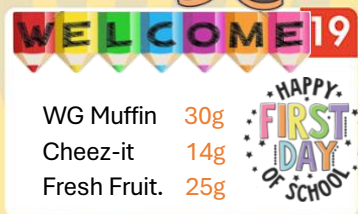
Wednesday



5



12



19

26

WG Muffin	30g
Cheez-it	14g
Fresh Fruit	25g

Thursday



6



13

20

WG Cereal Bar	30g
Graham Cracker	11g
Fresh Fruit	25g

27

Pop-Tart	36g
Graham Cracker	11g
Fresh Fruit	25g

Friday



7



14

21

WG Pancakes	30g
Go-Gurt	8g
Applesauce	17g
Fruit Juice	20g

28

WG Waffles	30g
Applesauce	17g
Fruit Juice	20g