<table>
<thead>
<tr>
<th>WEEK: 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTENDANCE TALLY:</td>
<td>FRUIT/VEG:</td>
<td>Sliced apples</td>
<td>FRUIT/VEG:</td>
<td>Fruit kebab</td>
<td>FRUIT/VEG:</td>
</tr>
<tr>
<td></td>
<td>PROTEIN:</td>
<td>Sliced cheese</td>
<td>PROTEIN:</td>
<td>Boiled Eggs</td>
<td>PROTEIN:</td>
</tr>
<tr>
<td></td>
<td>WHOLE GRAINS:</td>
<td>Home made granola bar</td>
<td>WHOLE GRAINS:</td>
<td>Whole wheat bagel toasted with butter</td>
<td>WHOLE GRAINS:</td>
</tr>
<tr>
<td></td>
<td>DRINK:</td>
<td>Water</td>
<td>DRINK:</td>
<td>Milk or alternative</td>
<td>DRINK:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>DRINK:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ATTENDANCE TALLY:</td>
<td>43</td>
<td>ATTENDANCE TALLY:</td>
<td>50</td>
<td>ATTENDANCE TALLY:</td>
</tr>
</tbody>
</table>