

## MONDAY

**FRUIT/VEG:**

Sliced apples

**PROTEIN:**

Sliced cheese

**WHOLE GRAINS:**

Home made granola bar

**DRINK:**

Water

**ATTENDANCE TALLY:**

43

## TUESDAY

**FRUIT/VEG:**

Fruit kebab

**PROTEIN:**

Boiled Eggs

**WHOLE GRAINS:**

Whole wheat bagel  
toasted with butter

**DRINK:**

Milk or alternative

**ATTENDANCE TALLY:**

50

## WEDNESDAY

**FRUIT/VEG:**

Banana slices

**PROTEIN:**

Peanut butter/wow  
butter

**WHOLE GRAINS:**

Whole wheat english  
muffin

**DRINK:**

Milk or alternative

**ATTENDANCE TALLY:**

48

## THURSDAY

**FRUIT/VEG:**

Vegetable sticks  
(celery, carrots,  
cucumber)

**PROTEIN:**

Hummus dip

**WHOLE GRAINS:**

Whole wheat pita  
slices

**DRINK:**

Water

**ATTENDANCE TALLY:**

46

## FRIDAY

**FRUIT/VEG:**

Sliced oranges

**PROTEIN:**

Yogurt

**WHOLE GRAINS:**

Homemade  
blueberry peach  
muffins

**DRINK:**

Milk or alternative

**ATTENDANCE TALLY:**

47