

ADAPTED COLD PLUS MENU

WEEK: Week 1

MONDAY

FRUIT/VEG:
Applesauce
(various flavours)

PROTEIN:
Yogurt

WHOLE GRAINS:
Healthy red fruit
breakfast bar

DRINK:
Student water bottle

TUESDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Cheese Spread

WHOLE GRAINS:
Whole grain Bagel

DRINK:
Student water bottle

WEDNESDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Yogurt

WHOLE GRAINS:
Cereals (various
flavours)

DRINK:
Student water bottle

THURSDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Cheese slice

WHOLE GRAINS:
Whole grain slice
bread

DRINK:
Student water bottle

FRIDAY

FRUIT/VEG:
Fresh Vegetables

PROTEIN:
Carton of milk

WHOLE GRAINS:
Cereals (various
flavours)

DRINK:
Student water bottle

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ADAPTED COLD PLUS MENU

WEEK: Week 2

MONDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Hard-Boiled Egg

WHOLE GRAINS:
Whole grain Melba
Toast and Wow
Butter

DRINK:
Student water bottle

TUESDAY

FRUIT/VEG:
Applesauce
(various flavours)

PROTEIN:
Cheese

WHOLE GRAINS:
Whole grain slice
bread and jam

DRINK:
Student water bottle

WEDNESDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Drinkable Yogurt

WHOLE GRAINS:
Oatbox Bar
(various flavours)

DRINK:
Student water bottle

THURSDAY

FRUIT/VEG:
Fresh Fruits

PROTEIN:
Yogurt

WHOLE GRAINS:
Healthy breakfast
cookie (various
flavours)

DRINK:
Student water bottle

FRIDAY

FRUIT/VEG:
Dried fruits

PROTEIN:
Carton of milk

WHOLE GRAINS:
Whole grain Bagel
and jam

DRINK:
Student water bottle

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