



ALTERNATIVE MENU

WEEK: _____

MONDAY

FRUIT/VEG:

PROTEIN:

WHOLE GRAINS:

DRINK:

ATTENDANCE TALLY:

TUESDAY

FRUIT/VEG:

PROTEIN:

WHOLE GRAINS:

DRINK:

ATTENDANCE TALLY:

WEDNESDAY

FRUIT/VEG:

PROTEIN:

WHOLE GRAINS:

DRINK:

ATTENDANCE TALLY:

THURSDAY

FRUIT/VEG:

PROTEIN:

WHOLE GRAINS:

DRINK:

ATTENDANCE TALLY:

FRIDAY

FRUIT/VEG:

PROTEIN:

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