

WEEK: Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FRUIT/VEG:</p> <p>Applesauce (various flavours)</p> <p>PROTEIN:</p> <p>Drinkable yogurt</p> <p>WHOLE GRAINS:</p> <p>Granola bar (various flavors)</p> <p>DRINK:</p> <p>Student water bottle</p>	<p>FRUIT/VEG:</p> <p>Fresh Vegetable</p> <p>PROTEIN:</p> <p>Egg</p> <p>WHOLE GRAINS:</p> <p>Whole grain Bagel and spreadable cheese</p> <p>DRINK:</p> <p>Student water bottle</p>	<p>FRUIT/VEG:</p> <p>Fresh Fruit</p> <p>PROTEIN:</p> <p>Yogurt</p> <p>WHOLE GRAINS:</p> <p>Granola (various flavors)</p> <p>DRINK:</p> <p>Student water bottle</p>	<p>FRUIT/VEG:</p> <p>Fresh Fruit</p> <p>PROTEIN:</p> <p>Cheese</p> <p>WHOLE GRAINS:</p> <p>Raisin bread slice and jam</p> <p>DRINK:</p> <p>Student water bottle</p>	<p>FRUIT/VEG:</p> <p>Fresh Fruit</p> <p>PROTEIN:</p> <p>Carton of milk</p> <p>WHOLE GRAINS:</p> <p>Cereals (various flavors)</p> <p>DRINK:</p> <p>Student water bottle</p>
<p>ATTENDANCE TALLY:</p>	<p>ATTENDANCE TALLY:</p>	<p>ATTENDANCE TALLY:</p>	<p>ATTENDANCE TALLY:</p>	<p>ATTENDANCE TALLY:</p>

WEEK: Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUIT/VEG:
Fresh Fruit

PROTEIN:
Soy nut butter (WowButter)

WHOLE GRAINS:
Whole grain Melba Toast

DRINK:
Student water bottle

FRUIT/VEG:
Applesauce (various flavours)

PROTEIN:
Cheese slice

WHOLE GRAINS:
Whole grain slice bread

DRINK:
Student water bottle

FRUIT/VEG:
Fresh Fruit

PROTEIN:
Drinkable yogurt

WHOLE GRAINS:
Whole Wheat bagel and jam

DRINK:
Student water bottle

FRUIT/VEG:
Fresh Fruit

PROTEIN:
Yogurt

WHOLE GRAINS:
Breakfast cookie (various flavours)

DRINK:
Student water bottle

FRUIT/VEG:
Dried Fruit

PROTEIN:
Carton of milk

WHOLE GRAINS:
Cereals (various flavours)

DRINK:
Student water bottle

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