

WEEK: Week 1

MONDAY

FRUIT/VEG:

Fresh fruit

PROTEIN:

Cheese slice

WHOLE GRAINS:

Whole wheat grilled
cheese

DRINK:

Student water bottle

ATTENDANCE TALLY:

TUESDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Egg and cheese slice

WHOLE GRAINS:

Whole wheat English
muffin

DRINK:

Student water bottle

ATTENDANCE TALLY:

WEDNESDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Milk

WHOLE GRAINS:

Cereals (various
flavours) and Raisin
bread toast

DRINK:

Student water bottle

ATTENDANCE TALLY:

THURSDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Drinkable yogurt

WHOLE GRAINS:

Pancake

DRINK:

Student water bottle

ATTENDANCE TALLY:

FRIDAY

FRUIT/VEG:

Fresh Vegetable

PROTEIN:

Yogurt

WHOLE GRAINS:

Grilled bagel and
cream cheese

DRINK:

Student water bottle

ATTENDANCE TALLY:

WEEK: Week 2

MONDAY

FRUIT/VEG:

Applesauce (various flavours)

PROTEIN:

Drinkable yogurt

WHOLE GRAINS:

Oatmeal and Raisin bread toast

DRINK:

Student water bottle

ATTENDANCE TALLY:

TUESDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Yogurt

WHOLE GRAINS:

Whole Wheat Waffle

DRINK:

Student water bottle

ATTENDANCE TALLY:

WEDNESDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Milk

WHOLE GRAINS:

Cereals (various flavours) and toast

DRINK:

Student water bottle

ATTENDANCE TALLY:

THURSDAY

FRUIT/VEG:

Fresh Fruit

PROTEIN:

Soy nut butter (WowButter)

WHOLE GRAINS:

Toast

DRINK:

Student water bottle

ATTENDANCE TALLY:

FRIDAY

FRUIT/VEG:

Fresh Vegetable

PROTEIN:

Scramble eggs and cheese slice

WHOLE GRAINS:

Whole Wheat tortilla

DRINK:

Student water bottle

ATTENDANCE TALLY: