SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8/1/17	8/2/17	8/3/17	8/4/17	8/5/17
8/6/17	8/7/17	8/8/17	8/9/17	8/10/17	8/11/17	8/12/17
8/13/17	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17
	* Cereal Carb Counts Honey Nut Scooters 22g Marshmallow Mateys 23g Coco Roos 21g Cinnamon Toasters 22g Honey Graham Toasters 22g *see package for any cereal not listed	Eat 1/2 cup of fruits and vegetables with every meal!	WG Cereal Variety (see note*), String Cheese (.5g), Fresh Apple (12g), 100% Fruit Juice Variety, Milk Variety	Biscuit (25g) & Gravy (4g), Fresh Orange (11g), 100% Fruit Juice Variety, Milk Variety	French Toast Sticks (4 sticks =42g) w/ Syrup (31g), Yogurt (19g), Sliced Pears (15g), 100% Fruit Juice Variety, Milk Variety	
8/20/17	8/21/17	8/22/17	8/23/17	8/24/17	8/25/17	8/26/17
	Waffle (2 waffles = 31g) w/ Syrup (31g), Yogurt (19g), Diced Pears (26g), 100% Fruit Juice Variety, Milk Variety	Breakfast Pizza (28g), Applesauce (17g), 100% Fruit Juice Variety, Milk Variety	WG Cereal (*see side note), String Cheese (.5g), Banana (27g), 100% Fruit Juice Variety, Milk Variety	Blueberry Muffin (31g), Yogurt (19g), Mandarin Oranges (20g), 100% Fruit Juice Variety, Milk Variety	Pancake on a Stick (17g), Sliced Peaches (17g), 100% Fruit Juice Variety, Milk Variety	
8/27/17	8/28/17	8/29/17	8/30/17	8/31/17		
8/27/17	8/28/17  WG Cereal Variety (see note), String Cheese (.5g), Sliced Peaches (17g), 100% Fruit Juice Variety, Milk Variety	8/29/17  Pancakes (2 pancakes = 28g) w/ Syrup (31g), Sausage Links (0g), Fresh Orange (11g), 100% Fruit Juice Variety, Milk Variety	8/30/17  Scrambled Egg & Bacon Pizza (23g), Applesauce (17g), 100% Fruit Juice Variety, Milk Variety	8/31/17  Dutch Waffle (43g), Yogurt (19g), Fresh Banana (27g), 100% Fruit Juice Variety, Milk Variety	*Milk & Juice Carb Counts White 1% Milk - 11g Choc. Fat Free Milk - 24g Apple Juice - 14g Orange Juice - 15g	