

Day	Breakfast Daily Choices	Afternoon Snack Week 1	Afternoon Snack Week 2	Afternoon Snack Week 3
Monday	Cereals / Toast / Fruit Water / Milk	Garlic & Herb Naan Bread Fresh Salad	Bean on Toast Fresh Fruit	American Bagels with Butter or Jam Fresh Salad
Tuesday	Cereals / Toast / Fruit Water / Milk	Whole Meal Wraps Fresh Fruit	Oven Chips Fresh salad	Noodles Fresh Fruit
Wednesday	Cereals / Toast / Fruit Water / Milk	Whole Meal Wraps, Cheese Fresh Salad	Garlic Bread & Soup Fresh Fruit	Spaghetti on Toast Fresh Fruit
Thursday	Cereals / Toast / Fruit Water / Milk	Noodles Fresh Fruit	Pasta and Sauce Fresh Salad	Cheese and Tomato Pizza Fresh Fruit
Friday	Cereals / Toast / Fruit Water / Milk	American Bagels with Butter or Jam Fresh Fruit	Wraps (Jam or Butter) Fresh Salad	Toast (Jam or Butter) Fresh Fruit