

Wednesday	Time	Food and Serving	Notes
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			

Thursday	Time	Food and Serving	Notes
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			

Friday	Time	Food and Serving	Notes
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			

Saturday	Time	Food and Serving	Notes
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			
Meal or Snack			