

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	Noodles Fresh Salad	American Bagels with Butter or Jam Fresh Salad
Tuesday	Cereals / Toast / Fruit Water / Milk	Whole Meal Wraps Fresh Salad	Pasta and Sauce Fresh Salad	Oven Chips and Tomato Sauce Fresh salad
Wednesday	Cereals / Toast / Fruit Water / Milk	Oven Chips and Tomato Sauce Fresh salad	Garlic Bread & Soup Fresh Fruit	Pasta and Sauce Fresh Salad
Thursday	Cereals / Toast / Fruit Water / Milk	Pasta and Sauce Fresh Salad	Oven Chips and Tomato Sauce Fresh salad	Cheese and Tomato Pizza Fresh Salad
Friday	Cereals / Toast / Fruit Water / Milk	American Bagels with Butter or Jam Fresh salad	Wraps (Jam or Butter) Fresh Salad	Sandwiches (Jam or Butter) Fresh Fruit