Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Muffins, WG, Chocolate	Muffins, WG, Chocolate	Muffins, WG, Chocolate
Chip IW	Chip IW	Chip IW
Carbs: 45	Carbs: 45	Carbs: 45
* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,
Wheat	Wheat	Wheat
Cocoa Puffs 2 oz Equivalent	Cocoa Puffs 2 oz Equivalent	Cocoa Puffs 2 oz Equivalent
Grain Cereal Bars (48ct)	Grain Cereal Bars (48ct)	Grain Cereal Bars (48ct)
2.5oz	2.5oz	2.5oz
Carbs: 52	Carbs: 52	Carbs: 52
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
SNACK BAR, CEREAL	SNACK BAR, CEREAL	SNACK BAR, CEREAL
CINNAMON TOAST	CINNAMON TOAST	CINNAMON TOAST
CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz
Carbs: 30	Carbs: 30	Carbs: 30
* Wheat	* Wheat	* Wheat
Bagel, Hilltop Hearth 2.3 oz	Bagel, Hilltop Hearth 2.3 oz	Bagel, Hilltop Hearth 2.3 oz
TWP	TWP	TWP
Carbs: 32	Carbs: 32	Carbs: 32
* Wheat	* Wheat	* Wheat
Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG
RF IW	RF IW	RF IW
Carbs: 30	Carbs: 30	Carbs: 30
* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat
Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup
TWP	TWP	TWP
Carbs: 46	Carbs: 46	Carbs: 46
Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup
Carbs: 47	Carbs: 47	Carbs: 47
Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS
Cup 2 oz	Cup 2 oz	Cup 2 oz
Carbs: 47	Carbs: 47	Carbs: 47
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Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat
Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat
Sides	Sides	Sides
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14
Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i> 	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i>
Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14

Monday	Tuesday	Wednesday
Milk	Milk	Milk
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs:</i> 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk

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Monday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Muffins, WG, Chocolate	Muffins, WG, Chocolate	Muffins, WG, Chocolate	Muffins, WG, Chocolate
Chip IW	Chip IW	Chip IW	Chip IW
Carbs: 45	Carbs: 45	Carbs: 45	Carbs: 45
* Milk, Soybeans, Eggs,			
Wheat	Wheat	Wheat	Wheat
Cocoa Puffs 2 oz Equivalent			
Grain Cereal Bars (48ct)			
2.5oz	2.5oz	2.5oz	2.5oz
Carbs: 52	Carbs: 52	Carbs: 52	Carbs: 52
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
SNACK BAR, CEREAL	SNACK BAR, CEREAL	SNACK BAR, CEREAL	SNACK BAR, CEREAL
CINNAMON TOAST	CINNAMON TOAST	CINNAMON TOAST	CINNAMON TOAST
CRUNCH IW TWP 1.42 oz			
Carbs: 30	Carbs: 30	Carbs: 30	Carbs: 30
* Wheat	* Wheat	* Wheat	* Wheat
Bagel, Hilltop Hearth 2.3 oz			
TWP	TWP	TWP	TWP
Carbs: 32	Carbs: 32	Carbs: 32	Carbs: 32
* Wheat	* Wheat	* Wheat	* Wheat
Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG
RF IW	RF IW	RF IW	RF IW
Carbs: 30	Carbs: 30	Carbs: 30	Carbs: 30
* Soybeans, Eggs, Wheat			
Lucky Charms SS 2 oz Cup			
TWP	TWP	TWP	TWP
Carbs: 46	Carbs: 46	Carbs: 46	Carbs: 46
Cocoa Puffs SS 2 oz Cup Carbs: 47 Cereal, Trix Whole Grain SS	Cocoa Puffs SS 2 oz Cup Carbs: 47 Cereal, Trix Whole Grain SS	Cocoa Puffs SS 2 oz Cup Carbs: 47 Cereal, Trix Whole Grain SS	Cocoa Puffs SS 2 oz Cup Carbs: 47 Cereal, Trix Whole Grain SS
Cup 2 oz	Cup 2 oz	Cup 2 oz	Cup 2 oz
Carbs: 47	Carbs: 47	Carbs: 47	Carbs: 47

Monday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat
Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP <i>Carbs</i> : 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat
			
Sides	Sides	Sides	Sides
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP <i>Carbs: 19</i> * <mark>Milk</mark>	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP <i>Carbs: 14</i>	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14
Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen <i>Carbs</i> : 14	Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i>	Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i>
Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14

Monday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D <i>Carbs: 34</i> * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Muffins, WG, Chocolate				
Chip IW				
Carbs: 45				
* Milk, Soybeans, Eggs,				
Wheat	Wheat	Wheat	Wheat	Wheat
Cocoa Puffs 2 oz Equivalent				
Grain Cereal Bars (48ct)				
2.5oz	2.5oz	2.5oz	2.5oz	2.5oz
Carbs: 52				
* Soybeans, Wheat				
SNACK BAR, CEREAL				
CINNAMON TOAST				
CRUNCH IW TWP 1.42 oz				
Carbs: 30				
* Wheat				
Bagel, Hilltop Hearth 2.3 oz				
TWP	TWP	TWP	TWP	TWP
Carbs: 32				
* Wheat				
Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
MUFFIN BLUEBERRY WG				
RF IW				
Carbs: 30				
* Soybeans, Eggs, Wheat				
Lucky Charms SS 2 oz Cup				
TWP	TWP	TWP	TWP	TWP
Carbs: 46				
Cocoa Puffs SS 2 oz Cup				
Carbs: 47				
Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS		Cereal, Trix Whole Grain SS
Cup 2 oz	Cup 2 oz	Cup 2 oz		Cup 2 oz
Carbs: 47	Carbs: 47	Carbs: 47		Carbs: 47

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Pop-Tarts WG Brown Sugar				
Cinnamon 1.69oz TWP				
Carbs: 36				
* Soybeans, Wheat				
Snack Bar, Trix Cereal Bars				
1.42 oz TWP				
Carbs: 29				
* Wheat				
Sides	Sides	Sides	Sides	Sides
Assorted Fresh Fruit				
Mozzarella String Cheese				
Stick TWP				
Carbs: 2				
* Milk				
Upstate Farms Blueberry				
Nonfat Yogurt 4oz TWP				
Carbs: 19	Carbs: 19	Carbs: 19	<i>Carbs: 19</i>	<i>Carbs:</i> 19
* Milk				
CHEESE, CREAM PLAIN				
SPREAD LIGHT SS				
PLASTIC CUP REF				
Carbs: 2				
* Milk				
JUICE, APPLE 100%				
FROZEN PLASTIC CUP				
TWP	TWP	TWP	TWP	TWP
Carbs: 14				
Bananas, (7 to 7-1/8 Inch),				
Whole	Whole	Whole	Whole	Whole
Carbs: 27				
Orange Juice, Individual				
Cups, Frozen				
Carbs: 14				
Oranges, Fresh, 138 Count,				
Whole	Whole	Whole	Whole	Whole
Carbs: 14				

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk
MILK, Strawberry FF TWP * Milk				
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk
Milk, Lactose and Fat Free * Milk				
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Muffins, WG, Chocolate	Muffins, WG, Chocolate	Muffins, WG, Chocolate
Chip IW	Chip IW	Chip IW
Carbs: 45	Carbs: 45	Carbs: 45
* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,
Wheat	Wheat	Wheat
Cocoa Puffs 2 oz Equivalent	Cocoa Puffs 2 oz Equivalent	Cocoa Puffs 2 oz Equivalent
Grain Cereal Bars (48ct)	Grain Cereal Bars (48ct)	Grain Cereal Bars (48ct)
2.5oz	2.5oz	2.5oz
Carbs: 52	Carbs: 52	Carbs: 52
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
SNACK BAR, CEREAL	SNACK BAR, CEREAL	SNACK BAR, CEREAL
CINNAMON TOAST	CINNAMON TOAST	CINNAMON TOAST
CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz
Carbs: 30	Carbs: 30	Carbs: 30
* Wheat	* Wheat	* Wheat
Bagel, Hilltop Hearth 2.3 oz	Bagel, Hilltop Hearth 2.3 oz	Bagel, Hilltop Hearth 2.3 oz
TWP	TWP	TWP
Carbs: 32	Carbs: 32	Carbs: 32
* Wheat	* Wheat	* Wheat
Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG
RF IW	RF IW	RF IW
Carbs: 30	Carbs: 30	Carbs: 30
* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat
Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup
TWP	TWP	TWP
Carbs: 46	Carbs: 46	Carbs: 46
Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup
Carbs: 47	Carbs: 47	Carbs: 47
Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS	Cereal, Trix Whole Grain SS
Cup 2 oz	Cup 2 oz	Cup 2 oz
Carbs: 47	Carbs: 47	Carbs: 47

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat	Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat
Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat
Sides	Sides	Sides
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk	Mozzarella String Cheese Stick TWP Carbs: 2 * Milk
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14
Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i> 	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen <i>Carbs: 14</i>
Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14

Monday	Tuesday	Wednesday
Milk	Milk	Milk
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs:</i> 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk

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