## Enter Title of Program & Community Enter Date Range

*(Water is available at every meal and snack)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Food item | Food item | Food item | Food item | Food item |
| Lunch | Food item | Food item | Food item | Food item | Food item |
| Snack | Food item | Food item | Food item | Food item | Food item |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Food item | Food item | Food item | Food item | Food item |
| Lunch | Food item | Food item | Food item | Food item | Food item |
| Snack | Food item | Food item | Food item | Food item | Food item |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Food item | Food item | Food item | Food item | Food item |
| Lunch | Food item | Food item | Food item | Food item | Food item |
| Snack | Food item | Food item | Food item | Food item | Food item |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Food item | Food item | Food item | Food item | Food item |
| Lunch | Food item | Food item | Food item | Food item | Food item |
| Snack | Food item | Food item | Food item | Food item | Food item |