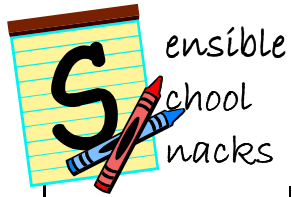






June 2008



	Mon	Tue	Wed	Thu	Fri	
Breakfast Thoughts	2 Fresh berries with yogurt & granola, water	3 Hard boiled egg, muffin, milk	4 Grapefruit, whole wheat toast, milk 	5 Cereal with banana and milk, water	6 Waffle, orange wedges, milk	
Snack Ideas	9 Fruit smoothie made with yogurt, fruit and milk	10 Cottage cheese, fruit, water	11 Cream cheese with raisins on graham crackers, juice 	12 Raisin bagel, peanut butter, milk	13 Whole grain crackers spread with peanut butter & honey, apple slices, juice	
Lunch Samples	16 Rice cakes, cheese cubes, milk	17 Taco Pita, stuff with your favorite taco toppings, juice 	18 1/2 beef sandwich, carrots & dip, water	19 Soup, whole grain crackers, kiwi pieces, juice	20 Bagel with cream cheese, chopped peaches, bananas & strawberries, water	
Nutrition Facts	23/30 1 nectarine (med) 70 calories 16 g carbohydrate 2 g fiber 300 g potassium	24 1 orange (100 g) 45 calories 14 g carbohydrate 5 g fiber 17 g potassium 	25 1 kiwi fruit (med) 50 calories 12 g carbohydrate 2 g fiber 240 g potassium	26 1 c. cherries 90 calories 22 g carbohydrate 3 g fiber 300 g potassium	27 1 banana 110 calories 29 g carbohydrate 4 g fiber 400 g potassium	