

## Weekly Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>							
Protein/Milk Starch Fruit/ Vegetable							
<b>Snack</b>							
<b>Lunch</b>							
Protein/Milk Starch Vegetable Fruit							
<b>Snack</b>							
<b>Supper</b>							
Protein/Milk Starch Vegetable Fruit							
<b>Snack</b>							
<b>Tasks 'prep' for tomorrow</b>							