



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>12/1</u> Fresh Orange (3/4c) WG Fruit Muffin(2oz)	<u>12/2</u> Fresh Apple (3/4c) WG Pretzels (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/3</u> 100% Fruit Juice (6oz) <del>WG Honey Grahams (1oz)</del> WG Fruit Muffin (2oz)
<u>12/6</u> 100% Fruit Juice (6oz) WG Cheddar Goldfish (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/7</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Cinnamon Raisin Bread (2oz)	<u>12/8</u> Fresh Orange (3/4c) WG Fruit Muffin(2oz)	<u>12/9</u> Fresh Apple (3/4c) WG Pretzels (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/10</u> 100% Fruit Juice (6oz) <del>WG Honey Grahams (1oz)</del> WG Fruit Muffin (2oz)
<u>12/13</u> 100% Fruit Juice <b>OR</b> Fresh Apple (3/4c) WG Cheddar Goldfish (.75oz pkg = 1oz) <b>OR</b> WG Teddy Grahams (1oz)	<u>12/14</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	<u>12/15</u> Fresh Orange (3/4c) WG Fruit Muffin(2oz)	<u>12/16</u> Fresh Apple (3/4c) WG Pretzels (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/17</u> 100% Fruit Juice (6oz) WG Animal Crackers (1oz) <b>OR</b> WG Fruit Muffin (2oz)
<u>12/20</u> 100% Fruit Juice <b>OR</b> Fresh Apple (3/4c) WG Cheddar Goldfish (.75oz pkg = 1oz) <b>OR</b> WG Teddy Grahams (1oz)	<u>12/21</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Cinnamon Raisin Bread (2oz)	<u>12/22</u> Fresh Orange (3/4c) WG Fruit Muffin(2oz)	<u>12/23</u> Fresh Apple (3/4c) WG Pretzels (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/24</u> 100% Fruit Juice (6oz) WG Animal Crackers (1oz) <b>OR</b> WG Fruit Muffin (2oz)
<u>12/27</u> 100% Fruit Juice <b>OR</b> Fresh Apple (3/4c) WG Cheddar Goldfish (.75oz pkg = 1oz) <b>OR</b> WG Teddy Grahams (1oz)	<u>12/28</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Brioche Roll (2oz)	<u>12/29</u> Fresh Orange (3/4c) WG Fruit Muffin(2oz)	<u>12/30</u> Fresh Apple (3/4c) WG Pretzels (.75oz pkg = 1oz) <b>OR</b> WG Honey Grahams (1oz)	<u>12/31</u> 100% Fruit Juice (6oz) <del>WG Honey Grahams (1oz)</del> WG Fruit Muffin (2oz)