



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/1 Cheese Stick (1oz) WG Fruit Muffin (2oz)	12/2 Fresh Apple (1cup/ea) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/3 100% Juice (6oz) OR Cheese Stick (1oz) WG Honey Grahams (1oz)
12/6 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/7 Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	12/8 Cheese Stick (1oz) WG Fruit Muffin (2oz)	12/9 Fresh Apple (1cup/ea) WG Cheddar Cheezitz OR WG Crackers (1oz)	12/10 100% Juice (6oz) OR Cheese Stick (1oz) WG Animal Crackers (1oz)
12/13 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/14 Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	12/15 Cheese Stick (1oz) WG Fruit Muffin (2oz)	12/16 Fresh Apple (1cup/ea) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/17 100% Juice (6oz) OR Cheese Stick (1oz) WG Animal Crackers (1oz)
12/20 100% Juice (6oz) OR Fresh Apple WG Honey Grahams (1oz)	12/21 Sunflower Butter (2tbls) Fruit Jelly (.5oz) WG Brioche Roll (2oz)	12/22 Cheese Stick (1oz) WG Fruit Muffin (2oz)	12/23 Fresh Apple (cup/1ea) WG Cheez Itz Crackers OR WG Crackers (1oz)	12/24 100% Juice (6oz) OR Cheese Stick (1oz) WG Assorted Crackers 1oz
12/27 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/28 Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Brioche Roll (2oz)	12/29 Cheese Stick (1oz) WG Fruit Muffin (2oz)	12/30 Fresh Apple (1cup/ea) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	12/31 100% Juice (6oz) OR Cheese Stick (1oz) WG Honey Grahams (1oz)