

WEEK 1 BREAKFAST

		calories	sat fat	carbs
MONDAY	egg and cheese on a ww pita	185	3.82	17.1
	8oz peaches	130	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		425	5.32	58.1
TUESDAY	1 pop tart	180	1	38
	1 mini muffin	80	0.5	14
	8oz orange segments	120	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	490	3	93	
WEDNESDAY	wg french toast	200	2	27
	2oz sausage patty	238	10	1.5
	8oz apple sauce	100	0	26
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	648	13.5	67.5	
THURSDAY	4oz yogurt	87	0.75	14.6
	2oz banana square	149	1.1	25.5
	1 medium banana	110	0	27
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	456	3.35	80.1	
FRIDAY	2-3inch pancakes	146	0.5	26
	4oz fruit cocktail	93	0	23
	4oz fruit juice	80	0	19
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	429	2	81	

WEEK 2 BREAKFAST

		calories	sat fat	carbs
MONDAY	2.5oz granola rounds	270	3	44
	4oz fruit juice	80	0	19
	4oz diced pineapple	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		530	4.5	93
TUESDAY	2-3 inch pancakes	147	0	26
	4oz strawberries	109	0	29
	4oz juice	80	0	19
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		446	1.5	87
WEDNESDAY	egg and cheese on a ww pita	185	3.82	17.1
	8oz fruit cocktail	130	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		425	5.32	58.1
THURSDAY	wg french toast sticks	200	2	27
	2oz sausage patty	238	10	1.5
	8oz diced melons	80	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		628	13.5	61.5
FRIDAY	wg cereal	100	0	20
	nutra grain bar	120	0.5	24
	med banana	110	0	27
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		440	2	84

WEEK 3 BREAKFAST

		calories	sat fat	carbs
MONDAY	wg pop tart	180	1	38
	2oz raisins	130	0	31
	8oz apple sauce	100	0	26
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		520	2.5	108
TUESDAY	wg cereal	100	0.5	20
	1 mini muffin	80	1	14
	8oz fresh oranges	65	0	16
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		355	3	63
WEDNESDAY	wg bagel	198	0	40
	1oz light cream cheese	65	3.1	2
	8oz sliced pears	140	0	34
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		513	4.6	89
THURSDAY	2.5oz granola round	270	3	44
	8oz diced melons	80	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		460	4.5	77
FRIDAY	4oz yogurt	87	0.75	14.6
	granola bar	90	0.5	19
	8oz diced pineapple	140	0	34
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		427	2.75	80.6

WEEK 4 BREAKFAST

		calories	sat fat	carbs
MONDAY	2wg waffle w/syrup	176	0.3	33
	4oz strawberries	109	0	29
	40z fruit juice	80	0	19
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		475	1.8	94
TUESDAY	8oz cream of wheat	120	0	23
	nutragrain bar	120	0.5	24
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		390	2	70
WEDNESDAY	2- 3inch pancakes	147	0.2	26
	1oz syrup	43	0	14
	4oz diced pears	80	0	19
	4oz juice	80	0	11
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		460	1.7	83
THURSDAY	egg and cheese on a ww pita	185	3.82	17.1
	8oz fruit cocktail	130	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		425	5.32	58.1
FRIDAY	wg cereal	100	0	20
	elf grahams	120	1	20
	med banana	110	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		440	2.5	81

WEEK 5 BREAKFAST

		calories	sat fat	carbs
MONDAY	2.5 oz granola round	270	3	44
	8oz diced melons	80	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		460	4.5	77
TUESDAY	wg cereal	100	0	20
	graham crackers	120	0	21
	med banana	110	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	440	1.5	82	
WEDNESDAY	wg french toast sticks	200	2	27
	1oz syrup	43	0	14
	2oz sausage patty	238	10	1.5
	8oz peaches	140	0	34
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	731	13.5	89.5	
THURSDAY	wg pop tart	180	1	38
	1oz mini muffin	80	0.5	14
	8oz sliced apples	114	0	30
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	484	3	95	
FRIDAY	egg and cheese on a ww pita	185	3.82	17.1
	4oz juice	80	0	19
	4oz pears	70	0	12
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	445	5.32	61.1	

WEEK 6 BREAKFAST

		calories	sat fat	carbs
MONDAY	4oz oatmeal	190	0.5	27
	4oz spiced apples	92	0.24	22
	2oz raisins	130	0	31
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		522	2.24	93
TUESDAY	4oz yogurts	87	0.75	14.6
	2oz banana bread square	149	1.1	25.5
	8oz mixed fruit	80	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		426	3.35	73.1
WEDNESDAY	egg and cheese on a ww pita	185	3.82	17.1
	4oz juice	80	0	19
	4oz pears	70	0	12
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		445	5.32	61.1
	890	10.64	122.2	
THURSDAY	wg french toast sticks	200	2	27
	1oz syrup	43	0	14
	2oz sausage patty	238	10	1.5
	4oz juice	80	0	19
	4oz peaches	140	0	14
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		811	13.5	88.5
FRIDAY	wg cereal	100	0	20
	nutrigrain bar	120	0.5	24
	teddy grahams	120	0.5	21
	med banana	110	0	27
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		560	2.5	105