

## **Day 1**

### **Breakfast 8 am – 8:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, apples, oranges, cantaloupe

Juice (orange & apple) – milk – water

### **Snack 4 pm – 4:45 pm (35 individuals)**

Veggie

Cheese/cracker trays

Lemonade – tea – water

## **Day 2**

### **Breakfast 8 am – 8:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, strawberries, oranges, cantaloupe, honey dew

Juice – milk – water

### **Snack 4 pm – 4:45 pm (35 individuals)**

Watermelon – Fruit snacks

Juice – tea – water

## **Day 3**

### **Breakfast 8 am – 8:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, apples, oranges, cantaloupe

Juice – milk – water

### **Snack 4 pm – 4:45 pm (35 individuals)**

Veggie

Cheese/cracker trays

Lemonade – tea – water

## **Day 4**

### **Breakfast 8 am – 8:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, apples, oranges, cantaloupe

Juice – milk – water

### **Snack 4 pm – 4:45 pm (35 individuals)**

Watermelon – Fruit snacks

Juice – tea – water

## **Day 5**

### **Breakfast 8 am – 8:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, apples, oranges, cantaloupe

Juice (orange & apple) – milk – water

### **Snack 4 pm – 4:45 pm (35 individuals)**

Veggie

Cheese/cracker trays

Lemonade – tea – water

## **Day 6**

### **Breakfast 7 am – 7:45 am (35 individuals)**

Bagels/Toast

Cereal

Yogurt

Muffins

Fruit – Bananas, strawberries, oranges, cantaloupe, honey dew

Juice – milk – water

