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| --- | --- | --- | --- | --- |
|  Monday |  Tuesday |  Wednesday |  Thursday |  Friday |
|  |  | **1****AM:** Bread with jam/ OJ**Diabetic:** SF Same**PM:** Yogurt/AJ**Diabetic:** Same | **2****AM:** Fig Bar/OJ**Diabetic:** Belvita/OJ**PM:** Ice-cream/Water**Diabetic:** SF Same | **3****AM:** Pastry Crisp/Water**Diabetic:** Same**PM:** Applesauce/OJ**Diabetic:** Same |
| 6AM: Cheese crackers/JuiceDiabetic: SF SamePM: Yogurt/WaterDiabetic: SF Same | **7****AM:** Graham Crackers/OJ**Diabetic:**  Same**PM:** Ice Cream/Water**Diabetic:**  Same | **8** **AM:** Grain Bar/OJ**Diabetic:** Belvita/Juice**PM:** Pudding/Water**Diabetic:**  Same | **9****AM:** Pastry Crisp/Juice**Diabetic:** Belvita/Juice**PM:** Applesauce/Water**Diabetic:**  SF Same | **10****AM:** Oatmeal/Juice**Diabetic:** SF Same**PM:** Ice Cream/Water **Diabetic:**  SF Same  |
| 13AM: Grain Bar/AJDiabetic: Belvita/WaterPM: Ice Cream/WaterDiabetic: SF Same | **14****AM:** PB Crackers/Water**Diabetic:**  Same**PM:** Pudding/Juice**Diabetic:** Same | **15****AM:**  Graham Crackers/ Water**Diabetic:** Same**PM:** Ice Cream/Juice**Diabetic:** SFSame | **16****AM:** Homemade bread/ Water/ Juice**Diabetic:** SF Same**PM:** Yogurt/Water**Diabetic:**  Same | **17****AM:** Cheese Crackers/Juice**Diabetic:**  Same**PM:** Ice Cream/Water**Diabetic:** SF Same |
| 20AM: Oatmeal/OJDiabetic: SamePM: Ice Cream/WaterDiabetic: SF Same | **21****AM:** Fig Bar/Juice**Diabetic:** Belvita/Water**PM:** Yogurt/Water**Diabetic:** Same | **22** **AM:** Homemade Bread/OJ**Diabetic:** Same**PM:** Ice Cream/ Water**Diabetic:** Same | **23****AM:** Donuts/Juice**Diabetic:**  Same**PM:** Applesauce/Water**Diabetic:** SF Same | **24****AM:** Fruit Danish /Juice**Diabetic:**  Same**PM:** Ice Cream/Water**Diabetic:** SF Same |
| 27AM: Pastry Crisp/ Water/ JuiceDiabetic: SamePM: Ice Cream/WaterDiabetic: SF Same | **28****AM:** Oatmeal/OJ**Diabetic**: Same**PM**: Yogurt /Water**Diabetic**: SF Same |  |  | **Vitamin C** |