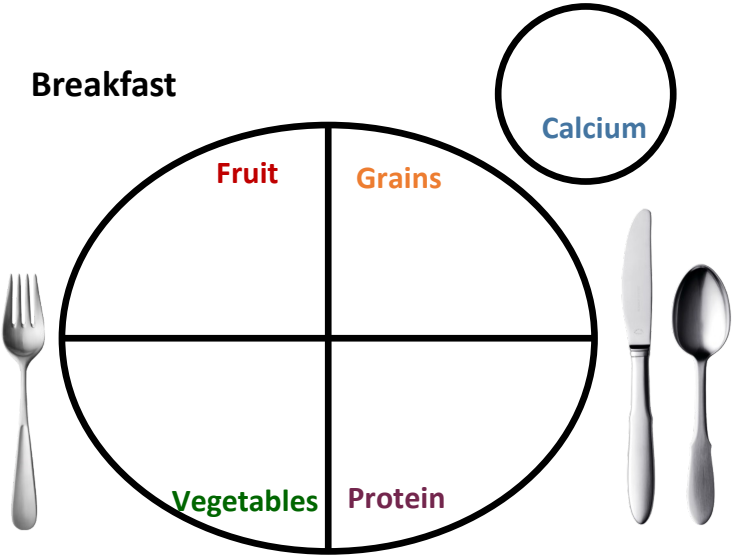


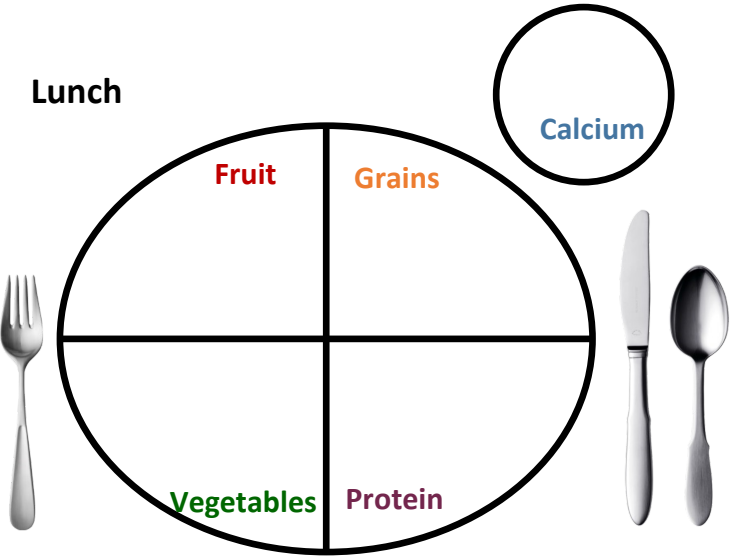
Menu for 2 days

Day 1

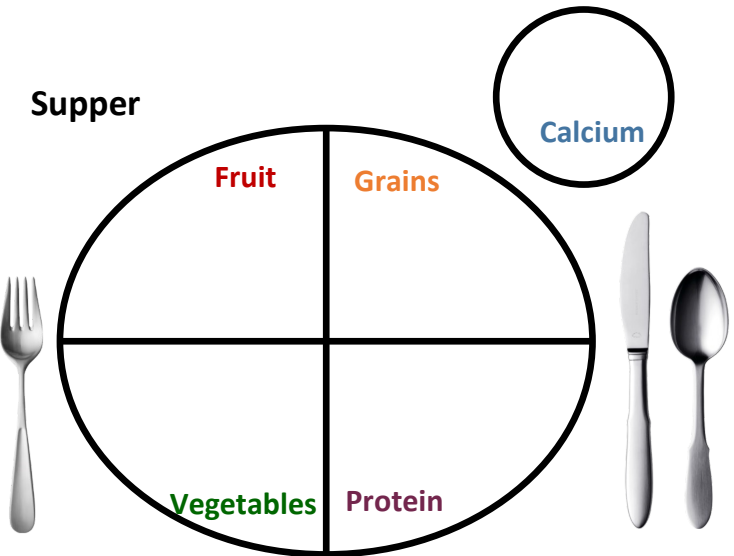
Breakfast



Lunch

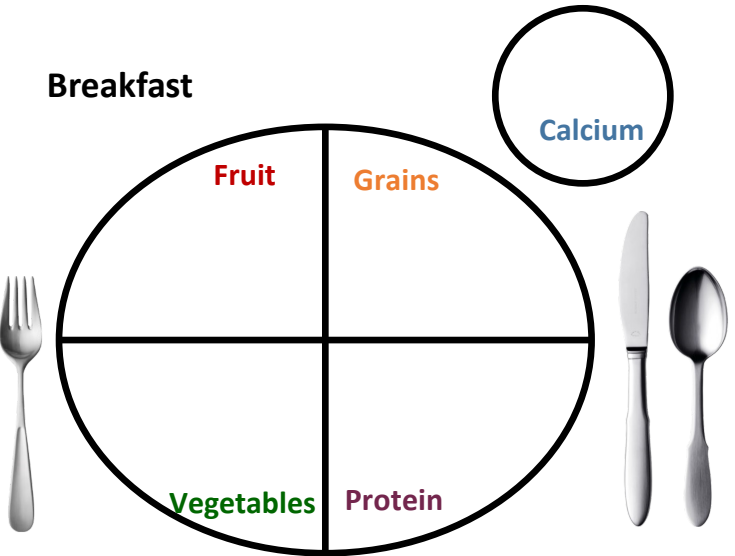


Supper

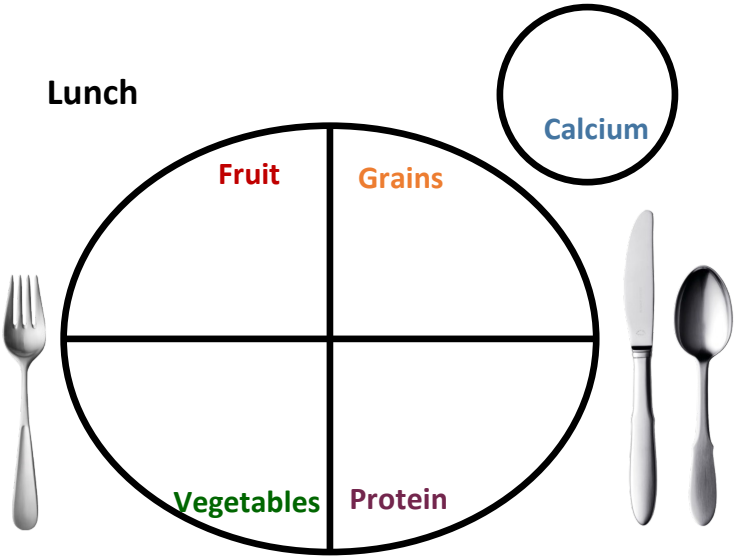


Day 2

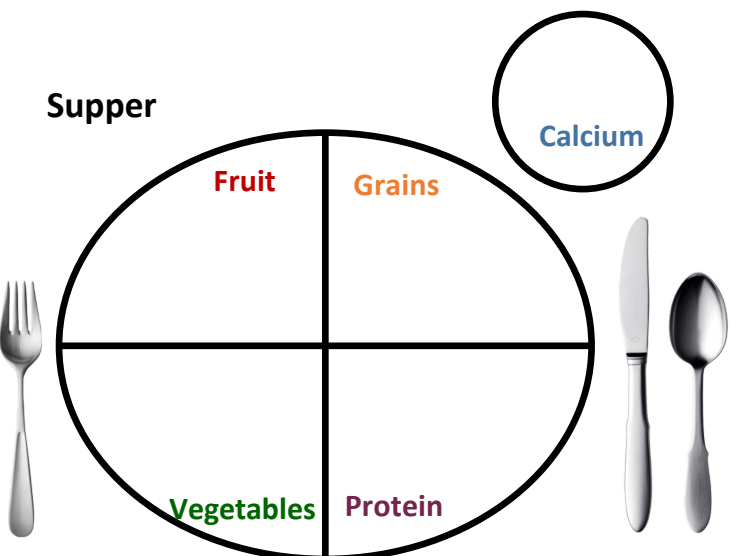
Breakfast

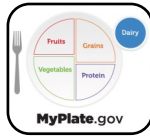


Lunch

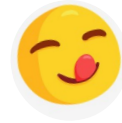


Supper





# Menu for 2 days



## Breakfast — Day 1

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup

## Breakfast — Day 2

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup

## Lunch— Day 1

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup

## Lunch — Day 2

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup

## Supper — Day 1

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup

## Supper — Day 2

Fruit	Vegetable	Grain	Protein	Dairy
1 cup	1 cup	2 oz	2 oz	1 cup