

Monday

<i>Item</i>	<i>Carb</i>	<i>Allergen</i>
Breakfast Cereal, GF	23g	
Yogurt	21g	(MILK)
Applesauce	14g	

Tuesday

<i>Item</i>	<i>Carb</i>	<i>Allergen</i>
Blueberry Muffin	30g	(WHEAT, EGG, SOY)
String Cheese	0g	(MILK)
Whole Apple	15g	

Wednesday

<i>Item</i>	<i>Carb</i>	<i>Allergen</i>
Banana Bread	28g	(MILK, EGG, WHEAT)
Sunflower Seeds	11g	
Whole Orange	16g	

Thursday

<i>Item</i>	<i>Carb</i>	<i>Allergen</i>
Breakfast Cereal, GF	23g	
Yogurt	21g	(MILK)
Applesauce	14g	

Friday

<i>Item</i>	<i>Carb</i>	<i>Allergen</i>
Assorted Breakfast Bar	42 - 46g	(MILK, WHEAT, EGG, SOY)
Sunflower Seeds	11g	
Whole Orange	15g	