Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Scrambled Egg 2 Tablespoons Prepared Salsa 1 Corn Tortilla 1 Ounce Low Fat Cheese Slice 1 Orange, medium
MORNING SNACK						
1 Ounce Low Fat Cheddar Cheese 1 Ounce Low Fat Cheddar Cheese	1 Ounce Low Fat Cheddar Cheese 1 Ounce Low Fat Cheddar Cheese	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Ounce Low Fat Cheddar Cheese 1 Ounce Low Fat Cheddar Cheese	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small
LUNCH						
1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small
AFTERNOON SNACK						
1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small
DINNER						
1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small	1 Cup Skim Milk 1 1/4 Cups Bran Flakes Cereal 1 Banana, small