WHAT'S COOKIN'		
M	S	
T	S	
W	Breakfasts	Lunches
T		
F		
Fruit & Veggies	Bread, Cereal, Grains & Pulses	
Dairy Free / Dairy	Protein (Meat, Sec	afood Non Meat)
Daily Free / Daily	Trefem (Medi) eduleda, Hemmedi)	
Jarred & Canned Goodies	Frozen Foods	
	Snacks & Sweets	