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	8-9			8-9	
	9-10			9-10	
	10-11			10-11	
	12-1			12-1	
-	1-2			1-2	
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DTES:	6-7 7-8		NOTES:	6-7 7-8	
	8-9			8-9	
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	10-11			10-11	
	11-12			11-12	
	Lunch Dinner			Lunch Dinner	
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MEAL

Breakfast

Lunch

Dinner

TIME

FUEL

SALADS - FIRST

MEAL

Lunch

Dinner

Breakfast

FUEL

TIME

SALADS - FIRST