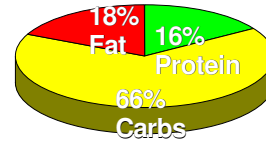


Recess Maintenance Program

Breakfast:

Dairy: 1 Exchange
Fat: 1 Exchange
Fruit: 1 Exchange
Starch: 3 Exchanges

435 calories

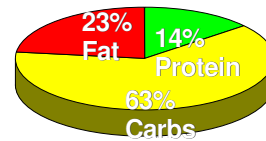


**17g Protein
72g Carbs
9g Fat**

A.M. Snack:

Fat: 1 Exchange
Starch: 3 Exchanges
Vegetable: 1 Exchange

310 calories

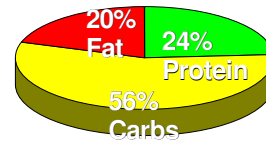


**11g Protein
49g Carbs
8g Fat**

Lunch:

Dairy: 1 Exchange
Fat: 1 Exchange
Fruit: 1 Exchange
Protein: 2 Exchanges
Starch: 3 Exchanges
Vegetable: 6 Exchanges

695 calories

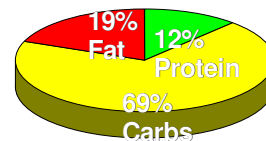


**42g Protein
97g Carbs
15g Fat**

P.M. Snack:

Fat: 1 Exchange
Fruit: 1 Exchange
Starch: 3 Exchanges
Vegetable: 1 Exchange

370 calories

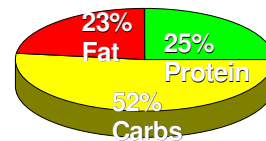


**11g Protein
64g Carbs
8g Fat**

Dinner:

Fat: 1 Exchange
Protein: 2 Exchanges
Starch: 3 Exchanges
Vegetable: 6 Exchanges

545 calories



**34g Protein
71g Carbs
14g Fat**
