

B	I	N	G	O
whole grain bread	apples	chorizo	skimmed milk	humous
carrots	water	peanut butter	bacon	salmon
strawberrie s	whole meal muffin	FREE	bagel	fruits
ham	spinach or smoothie with spinach in	honey	eggs	muffins
cucumber or onion	banana	popcorn	yogurt	cheese

B	I	N	G	O
whole meal muffin	bacon	skimmed milk	carrots	peanut butter
chorizo	yogurt	humous	banana	salmon
ham	bagel	FREE	fruits	apples
eggs	popcorn	whole grain bread	cheese	spinach or smoothie with spinach in
honey	muffins	strawberrie s	water	cucumber or onion

B	I	N	G	O
banana	popcorn	bacon	muffins	bagel
whole grain bread	ham	honey	water	humous
strawberrie s	cheese	FREE	spinach or smoothie with spinach in	eggs
whole meal muffin	salmon	skimmed milk	yogurt	chorizo
fruits	apples	peanut butter	carrots	cucumber or onion