

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	smootie	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	smootie
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	smootie	eggs
whole meal muffin	salmon	skimmed milk	yogurt	chorizo
fruits	apples	peanut butter	carrots	cucumber or onion