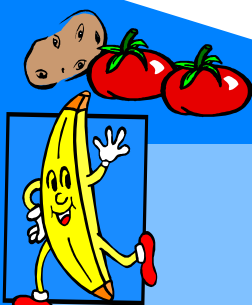
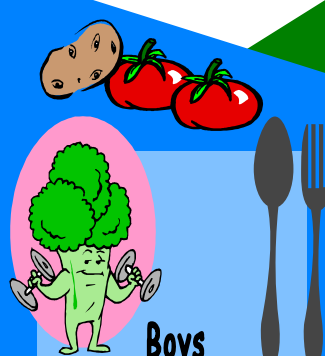


Boys  
 10-14 years  
**"Breakfast"**  
 Satiety/Fuel  
 Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00

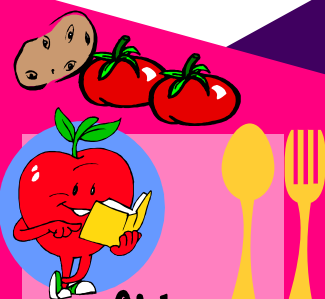


Boys  
 10-14 years  
**"Lunch"**  
 Satiety/Fuel Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00

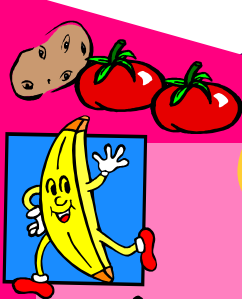
(view a sample Lunch)



Boys  
 10-14 years  
**"Dinner"**  
 Satiety/Fuel Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00



Girls  
 10-14 years  
**"Breakfast"**  
 Satiety/Fuel Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00



Girls  
 10-14 years  
**"Lunch"**  
 Satiety/Fuel  
 Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00



Girls  
 10-14 years  
**"Dinner"**  
 Satiety/Fuel  
 Time  
 4 - 5 hours  
 (until next meal)  
 \$25.00