# This Week's Dinners

WICOMICO UNITED SOCCER LEAGUE NUTRITION

Week of: __ __ / __ __ / __ __

☑ Check days with a game or practice

| | | |
|---|---|---|
| ☐ Monday | ☐ Tuesday | ☐ Wednesday |
| ☐ Thursday | ☐ Friday | ☐ Saturday |

Snacks we have: _____

_____