<table>
<thead>
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<th>Type of food</th>
<th>Amount</th>
<th>Type of Drink</th>
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<tr>
<td>Morning Snack / Recess</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Afternoon Snack</td>
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<tr>
<td>Snack</td>
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