

May 2013

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
		<i>1</i> AM: Toasted English muffin with Sun Butter L: Grilled cheese on whole wheat, carrot sticks & milk PM: Pretzels & fresh fruit	<i>2</i> AM: Lowfat yogurt & crackers L: Whole wheat pasta with marinara sauce, green beans & milk PM: Snack mix & juice	<i>3</i> AM: Cereal & milk L: Fish sticks, rice, mixed veggies & milk PM: Diced peaches & crackers																																																																																																		
<i>6</i> AM: Lowfat yogurt & apple slices L: Waffles, scrambled eggs, fresh fruit & milk PM: String cheese & crackers	<i>7</i> AM: Orange slices & graham crackers L: Macaroni & cheese, green beans & milk PM: Pretzels & applesauce	<i>8</i> AM: Whole wheat toast & fresh fruit L: Turkey & cheese slices w/ crackers, carrot sticks & milk PM: Graham crackers & milk	<i>9</i> AM: Toasted bagel & milk L: English muffin cheese pizza, fresh fruit & milk PM: Goldfish crackers & raisins	<i>10</i> AM: French toast sticks & fresh fruit L: Sun Butter & jelly sandwich on whole wheat, carrot sticks & milk PM: Crackers & cheese																																																																																																		
<i>13</i> AM: Lowfat yogurt & crackers L: Turkey & cheese slices w/ crackers, carrot sticks & milk PM: Pretzels & fresh fruit	<i>14</i> AM: Toasted English muffin & diced peaches L: Spaghetti, green beans, fruit & milk PM: Goldfish crackers & raisins	<i>15</i> AM: Orange slices & graham crackers L: Chicken sandwich on a whole wheat bun, apple slices & milk PM: String cheese & fresh fruit	<i>16</i> Cook's Choice	<i>17</i> AM: Toasted bagel & milk L: Chicken tenders, mashed potatoes, corn & milk PM: String cheese & fresh fruit																																																																																																		
<i>20</i> AM: Toasted English muffin with Sun Butter L: Grilled cheese on whole wheat, carrot sticks & milk PM: Pretzels & fresh fruit	<i>21</i> AM: Lowfat yogurt & crackers L: Fish sticks, rice, mixed veggies & milk PM: Snack mix & juice	<i>22</i> AM: Cereal & milk L: Whole wheat pasta with marinara sauce, green beans & milk PM: Diced peaches & crackers	<i>23</i> AM: Quaker cereal bars & sliced apple L: Cheese ravioli with marinara sauce, mixed veggies & milk PM: Organic animal crackers & fresh fruit	<i>24</i> AM: Applesauce & graham crackers L: Cheese quesadilla, green salad, fruit & milk PM: Pretzels & juice																																																																																																		
<i>27</i> SCHOOL CLOSED for Memorial Day	<i>28</i> AM: Toasted bagel & milk L: Chicken tenders, mashed potatoes, corn & milk PM: String cheese & fresh fruit	<i>29</i> AM: French toast sticks & fresh fruit L: English muffin cheese pizza, fresh fruit & milk PM: Diced peaches & crackers	<i>30</i> AM: Lowfat yogurt & crackers L: Turkey hot dogs, baked beans, fresh fruit & milk PM: Pretzels & fresh fruit	<i>31</i> AM: Toasted English muffin & diced peaches L: Spaghetti, green beans, fruit & milk PM: Goldfish crackers & raisins																																																																																																		
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NOTE: All milk is lowfat 2%

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May						
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July						
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