

# July 2014

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
	<b>1</b> <b>COOK'S CHOICE</b>	<b>2</b> AM: Cereal & milk L: Wow Butter & jelly sandwich on whole wheat, oranges & milk PM: String cheese & pretzels	<b>3</b> AM: Toasted bagel & orange slices L: Cheese ravioli with marinara sauce, mixed veggies & milk PM: Cheez-Its and apples	<b>4</b> CLOSED for INDEPENDENCE DAY																																																																																																		
<b>7</b> AM: Organic animal crackers & applesauce L: Macaroni & cheese, green peas & milk PM: Cowboy Cornbread & home-made butter, milk	<b>8</b> AM: Whole wheat toast & milk L: Turkey & cheese wrap, carrot sticks & milk PM: Sliced oranges & Ritz crackers	<b>9</b> AM: French toast sticks & apple slices L: Chicken noodle soup, cheese & crackers, oranges & milk PM: Organic animal crackers & milk	<b>10</b> AM: Quaker cereal bars & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Cheese sticks & Club crackers	<b>11</b> AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, oranges & milk PM: Snack mix & juice																																																																																																		
<b>14</b> AM: Orange slices & graham crackers L: Chicken tenders, mashed potatoes, green beans & milk PM: String cheese & pretzels	<b>15</b> AM: Cereal & milk L: Vegetarian bean & cheese burrito, apple & milk PM: Diced peaches & organic animal crackers	<b>16</b> Cook's Choice - PICNIC LUNCH outside today! Children may bring their own picnic lunch or one will be provided.	<b>17</b> AM: Toasted English muffin & milk L: Rotini w/marinara sauce, green beans & milk PM: Trail mix & juice boxes	<b>18</b> AM: Graham crackers & Applesauce L: Wow Butter & jelly sandwich on whole wheat, oranges & milk PM: Goldfish crackers & raisins																																																																																																		
<b>21</b> AM: Lowfat yogurt & animal crackers L: Waffles, scrambled eggs, bananas & milk PM: Pretzels & fresh fruit	<b>22</b> AM: Toasted bagel & milk L: Spaghetti, mixed veggies & milk PM: Oranges & graham crackers	<b>23</b> AM: Quaker cereal bars & sliced apple L: Chicken corn dog, green beans, orange slices & milk PM: Cheese sticks & Ritz crackers	<b>24</b> AM: Lowfat yogurt & apple slices L: Turkey hot dogs, baked beans, oranges & milk PM: Cheez-Its and apples	<b>25</b> AM: Cereal & milk L: Grilled cheese on whole wheat, carrot sticks, oranges & milk PM: Teddy Grahams & fruit																																																																																																		
<b>28</b> AM: French toast sticks & banana L: Cheese quesadilla, green salad, oranges & milk PM: Snack mix & juice	<b>29</b> AM: Cereal & milk L: English muffin cheese pizza, apple slices & milk PM: Raisins & pretzels	<b>30</b> AM: Graham crackers & Applesauce L: Turkey & cheese slices w/ crackers, apples & milk PM: Orange slices & pretzels	<b>31</b> AM: Whole wheat toast & milk L: Macaroni & cheese, green peas & milk PM: Diced peaches & organic animal crackers																																																																																																			
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NOTE: All milk is lowfat 1%