

September 2014

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED for LABOR DAY	2 AM: Toasted bagel & milk L: Pasta w/ marinara sauce, mixed veggies & milk PM: Fresh fruit & graham crackers	3 AM: Quaker cereal bars & sliced apple L: Chicken corn dog, green beans, orange slices & milk PM: Cheese sticks & Ritz crackers	4 COOK'S CHOICE	5 AM: Cereal & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Applesauce & Club Crackers
8 AM: French toast sticks & banana L: Cheese quesadilla, green salad, fresh fruit & milk PM: Snack mix & juice	9 AM: Cereal & milk L: English muffin cheese pizza, apple slices & milk PM: Cheese sticks & Club crackers	10 AM: Graham crackers & applesauce L: Chicken tenders, mashed potatoes, green beans & milk PM: Raisins & pretzels	11 AM: Whole wheat toast & milk L: Macaroni & cheese, green peas & milk PM: Organic animal crackers & fresh fruit	12 AM: Lowfat yogurt & graham crackers L: Chicken patty sandwich, apple slices & milk PM: Sliced cheese & crackers
15 AM: Graham crackers & fresh fruit L: Cheesy scrambled eggs, tator tots, fruit & milk PM: Goldfish crackers & raisins	16 AM: Toasted English muffin & milk L: Pasta w/ marinara sauce, mixed veggies & milk PM: Apple slices & snack mix	17 AM: Lowfat yogurt & fresh fruit L: Turkey hot dogs, beans, fruit & milk PM: Cheese sticks & crackers	18 AM: Cereal & milk L: Vegetarian bean & cheese burrito, apple & milk PM: Fresh fruit & graham crackers	19 AM: Organic animal crackers & fresh fruit L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Pretzels & apples
22 AM: Organic animal crackers & fresh fruit L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins	23 AM: Whole wheat toast & milk L: Turkey & cheese wrap, carrot sticks & milk PM: Fresh fruit & Ritz crackers	24 AM: Cereal & milk L: Wow Butter & jelly sandwich on whole wheat, oranges & milk PM: String cheese & pretzels	25 AM: Toasted bagel & fresh fruit L: Cheese tortelloni, mixed veggies & milk PM: Cheez-Its and apples	26 AM: Quaker cereal bars & milk L: Turkey & cheese slices w/ crackers, apples & milk PM: Organic animal crackers & fresh fruit
29 AM: Orange slices & graham crackers L: Fish sticks, rice, peas & carrots, milk PM: Snack mix & juice	30 COOK'S CHOICE	<div> <div> August M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> <div> October M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div>		

NOTE: All milk is lowfat 1%