

October 2014

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
		<i>1</i> AM: Cereal & milk L: Wow Butter & jelly sandwich on whole wheat, fresh fruit & milk PM: String cheese & pretzels	<i>2</i> AM: Toasted bagel & fresh fruit L: Cheese tortelloni with marinara sauce, mixed veggies & milk PM: Cheez-Its and apples	<i>3</i> AM: Quaker cereal bars & milk L: Turkey & cheese slices w/ crackers, apples & milk PM: Organic animal crackers & fresh fruit																																																																																																		
<i>6</i> AM: Organic animal crackers & fresh fruit L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins	<i>7</i> AM: Whole wheat toast & milk L: Turkey & cheese wrap, carrot sticks & milk PM: Fresh fruit & Ritz crackers	<i>8</i> AM: French toast sticks & apple slices L: Turkey hot dogs, baked beans, oranges & milk PM: Organic animal crackers & milk	<i>9</i> AM: Quaker cereal bars & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Cheese sticks & Club crackers	<i>10</i> AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, fresh fruit & milk PM: Snack mix & juice																																																																																																		
<i>13</i> AM: Fresh fruit & graham crackers L: Chicken tenders, mashed potatoes, green beans & milk PM: String cheese & pretzels	<i>14</i> AM: Cereal & milk L: Vegetarian bean & cheese burrito, apple & milk PM: Organic animal crackers & fresh fruit	<i>15</i> AM: Lowfat yogurt & fresh fruit L: Teriyaki chicken, noodles, stir fry veggies & milk PM: Sliced cheese & crackers	<i>16</i> AM: Toasted English muffin & milk L: Rotini w/marinara sauce, green beans & milk PM: Snack mix & apples	<i>17</i> AM: Graham crackers & applesauce L: Wow Butter & jelly sandwich on whole wheat, fresh fruit & milk PM: Goldfish crackers & raisins																																																																																																		
<i>20</i> AM: Lowfat yogurt & animal crackers L: Spaghetti, green beans & milk PM: Cheez-Its and apples	<i>21</i> AM: Toasted bagel & milk L: Waffles, scrambled eggs, bananas & milk PM: Fresh fruit & graham crackers	<i>22</i> AM: Quaker cereal bars & sliced apple L: Chicken corn dog, green beans, orange slices & milk PM: Cheese sticks & Ritz crackers	<i>23</i> AM: Lowfat yogurt & graham crackers L: Chicken patty sandwich, apple slices & milk PM: Sliced cheese & crackers	<i>24</i> AM: Cereal & milk L: Toasted cheese sandwich, carrot sticks & milk PM: Applesauce & Club Crackers																																																																																																		
<i>27</i> COOK'S CHOICE	<i>28</i> AM: French toast sticks & banana L: Cheese quesadilla, green salad, fresh fruit & milk PM: Snack mix & juice	<i>29</i> AM: Cereal & milk L: English muffin cheese pizza, apple slices & milk PM: Cheese sticks & Club crackers	<i>30</i> AM: Graham crackers & applesauce L: Cheesy scrambled eggs, tater tots, bananas & milk PM: Raisins & pretzels	<i>31</i> AM: Whole wheat toast & milk L: Macaroni & cheese, green peas & milk PM: Organic animal crackers & fresh fruit																																																																																																		
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NOTE: All milk is lowfat 1%