

November 2014

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM: Fresh fruit & graham crackers</p> <p>L: Cheesy scrambled eggs, tater tots, bananas & milk</p> <p>PM: Goldfish crackers & raisins</p>	<p>4</p> <p>AM: Toasted English muffin & milk</p> <p>L: Rotini w/marinara sauce & Italian meatballs, green beans & milk</p> <p>PM: Apple slices & snack mix</p>	<p>5</p> <p>AM: Lowfat yogurt & fresh fruit</p> <p>L: Turkey hot dogs, tator tots, oranges & milk</p> <p>PM: Cheese sticks & crackers</p>	<p>6</p> <p>AM: Cereal & milk</p> <p>L: Vegetarian bean & cheese burrito, sliced apple & milk</p> <p>PM: Fresh fruit & graham crackers</p>	<p>7</p> <p>AM: Graham crackers & applesauce</p> <p>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk</p> <p>PM: Pretzels & apples</p>
<p>10</p> <p>AM: Graham crackers & fresh fruit</p> <p>L: Fish sticks, rice, peas & carrots, milk</p> <p>PM: Snack mix & juice</p>	<p>11</p> <p>COOK'S CHOICE</p>	<p>12</p> <p>AM: Cereal & milk</p> <p>L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk</p> <p>PM: String cheese & pretzels</p>	<p>13</p> <p>AM: Toasted bagel & fresh fruit</p> <p>L: Cheese tortelloni with marinara sauce, mixed veggies & milk</p> <p>PM: Cheez-Its and apples</p>	<p>14</p> <p>AM: Quaker cereal bars & milk</p> <p>L: Turkey & cheese slices w/ crackers, apples & milk</p> <p>PM: Goldfish crackers & raisins</p>
<p>17</p> <p>AM: Graham crackers & applesauce</p> <p>L: Macaroni & cheese, green peas & milk</p> <p>PM: Goldfish crackers & raisins</p>	<p>18</p> <p>AM: Whole wheat toast & milk</p> <p>L: Teriyaki chicken, noodles, steamed broccoli & milk</p> <p>PM: Fresh fruit & Ritz crackers</p>	<p>19</p> <p>AM: French toast sticks & banana</p> <p>L: Chicken noodle soup, cheese & crackers, oranges & milk</p> <p>PM: Organic animal crackers & milk</p>	<p>20</p> <p>AM: Quaker cereal bars & milk</p> <p>L: Turkey Sloppy Joe on a bun, Freindship Salad & milk</p> <p>PM: Cheese sticks & Club crackers</p>	<p>21</p> <p>AM: Lowfat yogurt & graham crackers</p> <p>L: Cheese quesadilla, green salad, fresh fruit & milk</p> <p>PM: Snack mix & juice</p>
<p>24</p> <p>AM: Graham crackers & fresh fruit</p> <p>L: Chicken tenders, mashed potatoes, green beans & milk</p> <p>PM: String cheese & pretzels</p>	<p>25</p> <p>AM: Cereal & milk</p> <p>L: Vegetarian bean & cheese burrito, sliced apple & milk</p> <p>PM: Organic animal crackers & fresh fruit</p>	<p>26</p> <p>AM: Lowfat yogurt & fresh fruit</p> <p>L: Turkey hot dogs, tator tots, oranges & milk</p> <p>PM: Sliced cheese & crackers</p>	<p>27</p> <p>CLOSED for THANKSGIVING</p>	<p>28</p> <p>COOK'S CHOICE</p> <p>PM: CLOSED at 12:00 NOON</p>

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		

December						
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				

NOTE: All milk is lowfat 1%