

January 2015

Monthly Planner

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

NOTE: All milk is lowfat 1%