

May 2015

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<table border="1" style="margin: auto;"> <caption>April</caption> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></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				<table border="1" style="margin: auto;"> <caption>June</caption> <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></td><td></td><td></td><td></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						<p><i>1</i></p> <p>AM: Quaker cereal bars & milk L: Turkey & cheese slices w/ crackers, apples & milk PM: Organic animal crackers & fresh fruit</p>
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<p><i>4</i></p> <p>AM: Organic animal crackers & fresh fruit L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins</p>	<p><i>5</i></p> <p>AM: Whole wheat toast & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Fresh fruit & pretzels</p>	<p><i>6</i></p> <p>COOK'S CHOICE</p>	<p><i>7</i></p> <p>AM: Quaker cereal bars & sliced apple L: Teriyaki chicken, noodles, steamed broccoli & milk PM: Cheese sticks & Club crackers</p>	<p><i>8</i></p> <p>AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, fresh fruit & milk PM: Snack mix & apples</p>																																																																																				
<p><i>11</i></p> <p>AM: Orange slices & graham crackers L: Waffles, scrambled eggs, bananas & milk PM: String cheese & pretzels</p>	<p><i>12</i></p> <p>AM: Cereal & milk L: Vegetarian bean & cheese burrito, sliced apple & milk PM: Sliced cheese & crackers</p>	<p><i>13</i></p> <p>AM: Lowfat yogurt & fresh fruit L: Baked potatoes with cheese, steamed broccoli & milk PM: Organic animal crackers & fresh fruit</p>	<p><i>14</i></p> <p>AM: Orange slices & graham crackers L: English muffin cheese pizza, fresh fruit & milk PM: Snack mix & apples</p>	<p><i>15</i></p> <p>AM: Toasted English muffin & milk L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk PM: Goldfish crackers & raisins</p>																																																																																				
<p><i>18</i></p> <p>AM: Lowfat yogurt & organic animal crackers L: Chicken taquitos, rice, fresh fruit & milk PM: Cheese sticks & Ritz crackers</p>	<p><i>19</i></p> <p>AM: Toasted bagel & milk L: Rotini w/marinara sauce, green beans, fresh fruit & milk PM: Orange slices & graham crackers</p>	<p><i>20</i></p> <p>AM: Quaker cereal bars & sliced apple L: Turkey Sliders on a Hawaiian roll, mixed veggies & milk PM: Cheez-Its and apples</p>	<p><i>21</i></p> <p>COOK'S CHOICE</p>	<p><i>22</i></p> <p>AM: Cereal & milk Memorial Picnic Lunch Outside: Turkey hot dogs, corn on the cob, watermelon & milk PM: Applesauce & graham crackers</p>																																																																																				
<p><i>25</i></p> <p>CLOSED for MEMORIAL DAY</p>	<p><i>26</i></p> <p>AM: Cereal & milk L: English muffin cheese pizza, apple slices & milk PM: Cheese sticks & Club crackers</p>	<p><i>27</i></p> <p>AM: Graham crackers & applesauce L: Ground turkey stroganoff over egg noodles, peas & milk PM: Cheese sticks & Ritz crackers</p>	<p><i>28</i></p> <p>AM: Whole wheat toast & milk L: Macaroni & cheese, green peas & milk PM: Organic animal crackers & fresh fruit</p>	<p><i>29</i></p> <p>AM: Quaker cereal bars & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Raisins & pretzels</p>																																																																																				

NOTE: All milk is lowfat 1%