

# July 2015

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
		<i>1</i> AM: Quaker cereal bars & sliced apple BREAKFAST FOR LUNCH: Waffle sticks, scrambled eggs, fresh fruit & milk PM: String cheese & pretzels	<i>2</i> AM: Bananas & graham crackers PICNIC LUNCH! Cheese sandwich, carrot sticks, apple slices & milk PM: Raisins & pretzels	<i>3</i> <b>CLOSED for Independence Day</b>																																																																																																									
<i>6</i> AM: Lowfat yogurt & graham crackers L: Dino Nuggets, herbivore salad, fresh fruit & milk PM: Goldfish crackers & raisins	<i>7</i> AM: Bananas & graham crackers L: English muffin cheese pizza, fresh fruit & milk PM: Snack mix & fresh fruit	<i>8</i> AM: Cereal & milk L: Ground turkey stroganoff over egg noodles, peas & milk PM: Cheese sticks & Club crackers	<i>9</i> AM: Whole wheat toast & milk L: Macaroni & cheese, green beans & milk PM: Organic animal crackers & fresh fruit	<i>10</i> AM: Quaker cereal bars & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Raisins & pretzels																																																																																																									
<i>13</i> AM: Orange slices & graham crackers L: Waffles, scrambled eggs, bananas & milk PM: String cheese & pretzels	<i>14</i> AM: Cereal & milk L: Vegetarian bean & cheese burrito, sliced apple & milk PM: Sliced cheese & crackers	<i>15</i> AM: Lowfat yogurt & fresh fruit L: Baked potatoes with cheese, steamed broccoli & milk PM: Organic animal crackers & fresh fruit	<i>16</i> <b>COOK'S CHOICE</b>	<i>17</i> AM: Whole wheat toast & milk Chuck Wagon Lunch: Beanie weinies, cornbread, fresh fruit & milk PM: Cheez-Its and apples																																																																																																									
<i>20</i> AM: Lowfat yogurt & organic animal crackers L: Chicken taquitos, rice, fresh fruit & milk PM: DIY Trail mix & juice box	<i>21</i> AM: Toasted bagel & milk L: Rotini w/marinara sauce, green beans, fresh fruit & milk PM: Orange slices & graham crackers	<i>22</i> AM: Quaker cereal bars & sliced apple L: Turkey Sliders on a Hawaiian roll, mixed veggies & milk PM: Cheez-Its and apples	<i>23</i> AM: Orange slices & graham crackers L: English muffin cheese pizza, fresh fruit & milk PM: Snack mix & fresh fruit	<i>24</i> AM: Toasted English muffin & milk L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk PM: Goldfish crackers & raisins																																																																																																									
<i>27</i> AM: Organic animal crackers & fresh fruit L: Macaroni & cheese, green beans & milk PM: Goldfish crackers & raisins	<i>28</i> AM: Whole wheat toast & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Galaxy Toast & milk	<i>29</i> <b>COOK'S CHOICE</b>	<i>30</i> AM: Quaker cereal bars & sliced apple L: Teriyaki chicken, rice, steamed broccoli & milk PM: Cheese sticks & Club crackers	<i>31</i> AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, fresh fruit & milk PM: Snack mix & fresh fruit																																																																																																									
<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr><th colspan="7">June</th></tr> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <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> </tbody> </table>		June							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; border-collapse: collapse;"> <thead> <tr><th colspan="7">August</th></tr> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>			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						
June																																																																																																													
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																																																																																																												
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																																																																																																													

NOTE: All milk is lowfat 1%