

# August 2015

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																			
<p><b>3</b></p> <p>AM: Orange slices &amp; graham crackers</p> <p>L: Waffles, scrambled eggs, bananas &amp; milk</p> <p>PM: String cheese &amp; pretzels</p>	<p><b>4</b></p> <p style="text-align: center;"><b>COOK'S CHOICE</b></p>	<p><b>5</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Baked potatoes with cheese, steamed broccoli &amp; milk</p> <p>PM: Organic animal crackers &amp; milk</p>	<p><b>6</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: English muffin cheese pizza, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>7</b></p> <p>AM: Lowfat yogurt &amp; fresh fruit</p> <p>L: Wow Butter &amp; jelly sandwich on whole wheat, Cheez-its, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>																																																																																																			
<p><b>10</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Mickey Mouse chicken nuggets, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Cheese sticks &amp; Ritz crackers</p>	<p><b>11</b></p> <p>AM: Toasted bagel &amp; milk</p> <p>L: Rotini w/marinara sauce, green beans, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; apples</p>	<p><b>12</b></p> <p>AM: Quaker cereal bars &amp; milk</p> <p>L: Turkey hot dogs, tater tots, oranges &amp; milk</p> <p>PM: Crackers &amp; cheese</p>	<p><b>13</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Vegetarian bean &amp; cheese burrito, sliced apple &amp; milk</p> <p>PM: Orange slices &amp; graham crackers</p>	<p><b>14</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Turkey &amp; cheese slices w/ crackers, apples &amp; milk</p> <p>PM: Organic animal crackers &amp; fresh fruit</p>																																																																																																			
<p><b>17</b></p> <p>AM: Orange slices &amp; graham crackers</p> <p>L: Cheese ravioli with marinara sauce, mixed veggies &amp; milk</p> <p>PM: Sliced cheese &amp; crackers</p>	<p><b>18</b></p> <p>AM: Bananas &amp; graham crackers</p> <p>L: English muffin cheese pizza, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>19</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Ground turkey stroganoff over egg noodles, peas &amp; milk</p> <p>PM: Pudding Cups (that we made in the am) &amp; graham crackers</p>	<p><b>20</b></p> <p>AM: Whole wheat toast &amp; fresh fruit</p> <p>L: Macaroni &amp; cheese, green beans &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p><b>21</b></p> <p>AM: Quaker cereal bars &amp; milk</p> <p>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Raisins &amp; pretzels</p>																																																																																																			
<p><b>24</b></p> <p>AM: Lowfat yogurt &amp; fresh fruit</p> <p>L: Cheesy scrambled eggs, tater tots, bananas &amp; milk</p> <p>PM: String cheese &amp; pretzels</p>	<p><b>25</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Vegetarian bean &amp; cheese burrito, sliced apple &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p><b>26</b></p> <p>AM: French toast sticks &amp; apple slices</p> <p>L: Baked potatoes with cheese, steamed broccoli &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>	<p><b>27</b></p> <p style="text-align: center;"><b>COOK'S CHOICE</b></p>	<p><b>28</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Cheese quesadilla, green salad, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; juice</p>																																																																																																			
<p><b>31</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Chicken taquitos, rice, fresh fruit &amp; milk</p> <p>PM: Organic animal crackers &amp; fresh fruit</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <tr><th colspan="7">July</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> <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>31</td><td></td><td></td></tr> </table>			July							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			<table border="1" style="margin: auto; border-collapse: collapse;"> <tr><th colspan="7">September</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> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>		September							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				
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NOTE: All milk is lowfat 1%