

October 2015

Monthly Planner

Monday		Tuesday		Wednesday		Thursday		Friday																																																																																												
<div><div>September</div><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>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></div> <div><div>November</div><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>29</td></tr><tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table></div>						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					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							<div>1</div> <div>COOK'S CHOICE</div>		<div>2</div> <div>AM: Lowfat yogurt & organic animal crackers</div> <div>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk</div> <div>PM: Applesauce & Club Crackers</div>	
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																																																																																																		
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																																																																																																				
<div>5</div> <div>AM: Graham crackers & fresh fruit</div> <div>L: Turkey Stroganoff with eagg noodles, green beans & milk</div> <div>PM: Snack mix & milk</div>		<div>6</div> <div>AM: Cereal & milk</div> <div>L: Turkey & cheese on whole wheat, carrot sticks & milk</div> <div>PM: Cheese sticks & Club crackers</div>		<div>7</div> <div>AM: French toast sticks & apple slices</div> <div>L: Teriyaki chicken, rice, steamed broccoli & milk</div> <div>PM: Sliced cheese & crackers</div>		<div>8</div> <div>AM: Whole wheat toast & milk</div> <div>L: Macaroni & cheese, green peas & milk</div> <div>PM: Fresh fruit & Organic animal crackers</div>		<div>9</div> <div>AM: Lowfat yogurt & fresh fruit</div> <div>L: Cheese quesadilla, green salad, oranges & milk</div> <div>PM: Pretzels & raisins</div>																																																																																												
<div>12</div> <div>AM: Graham crackers & fresh fruit</div> <div>L: Chicken taquitos, rice, fresh fruit & milk</div> <div>PM: Goldfish crackers & raisins</div>		<div>13</div> <div>AM: Toasted English muffin & milk</div> <div>L: Cheese tortelloni with mari-nara sauce, green beans & milk</div> <div>PM: Snack mix & sliced apples</div>		<div>14</div> <div>AM: Organic animal crackers & fresh fruit</div> <div>L: Turkey hot dogs, french fries, oranges & milk</div> <div>PM: Cheese sticks & Ritz crackers</div>		<div>15</div> <div>AM: Cereal & milk</div> <div>L: Rotini pasta w/marinara sauce, veggies & milk</div> <div>PM: Applesauce & graham crackers</div>		<div>16</div> <div>AM: Lowfat yogurt & fresh fruit</div> <div>L: Turkey & cheese on whole wheat, carrot sticks & milk</div> <div>PM: Orange slices & pretzels</div>																																																																																												
<div>19</div> <div>AM: Cereal & milk</div> <div>L: Fish sticks, rice, peas & carrot-s, milk</div> <div>PM: Snack mix & milk</div>		<div>20</div> <div>COOK'S CHOICE</div>		<div>21</div> <div>AM: Organic animal crackers & fresh fruit</div> <div>L: Baked potatoes with cheese, steamed broccoli & milk</div> <div>PM: String cheese & pretzels</div>		<div>22</div> <div>AM: Toasted bagel & sliced apple</div> <div>L: Teriyaki chicken, rice, steamed broccoli & milk</div> <div>PM: Cheez-Its and raisins</div>		<div>23</div> <div>AM: Quaker cereal bars & milk</div> <div>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk</div> <div>PM: Fresh fruit & Organic animal crackers</div>																																																																																												
<div>26</div> <div>AM: Toasted bagel & milk</div> <div>L: Rotini pasta w/marinara sauce, veggies & milk</div> <div>PM: Orange slices & graham crackers</div>		<div>27</div> <div>AM: French toast sticks & milk</div> <div>L: Cheese quesadilla, green salad, oranges & milk</div> <div>PM: Applesauce & graham crackers</div>		<div>28</div> <div>AM: Quaker cereal bars & sliced apple</div> <div>L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk</div> <div>PM: Organic animal crackers & milk</div>		<div>29</div> <div>AM: Cereal & milk</div> <div>L: Turkey Sloppy Joe on a bun, mixed veggies & milk</div> <div>PM: Cheese sticks & Club crackers</div>		<div>30</div> <div>AM: Graham crackers & fresh fruit</div> <div>L: Macaroni & cheese, green peas & milk</div> <div>PM: Goldfish crackers & raisins</div>																																																																																												

NOTE: All milk is lowfat 1%