

# February 2016

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																			
<p><i>1</i></p> <p>AM: Cereal &amp; milk L: Chicken corn dog, green beans, orange slices &amp; milk PM: Cheez-Its and raisins</p>	<p><i>2</i></p> <p>AM: Toasted bagel &amp; milk L: Rotini pasta w/ marinara sauce, veggies &amp; milk PM: Orange slices &amp; graham crackers</p>	<p><i>3</i></p> <p>AM: Quaker cereal bars &amp; sliced apple L: English muffin cheese pizza, fresh fruit &amp; milk PM: Cheese sticks &amp; Ritz crackers</p>	<p><i>4</i></p> <p><b>COOK'S CHOICE</b></p>	<p><i>5</i></p> <p>AM: Lowfat yogurt &amp; organic animal crackers L: Grilled cheese on whole wheat, carrot sticks, fresh fruit &amp; milk PM: Fresh fruit &amp; Club Crackers</p>																																																																																																			
<p><i>8</i></p> <p>AM: Graham crackers &amp; banana L: Fettucini Alfredo, steamed broccoli, fruit &amp; milk PM: Snack mix &amp; fresh fruit</p>	<p><i>9</i></p> <p>AM: Lowfat yogurt &amp; graham crackers L: Turkey &amp; cheese on whole wheat, carrot sticks, Cheez-Its &amp; milk PM: Cheese sticks &amp; Club crackers</p>	<p><i>10</i></p> <p>AM: French toast sticks &amp; fresh fruit L: Teriyaki chicken, rice, steamed broccoli &amp; milk PM: Sliced cheese &amp; crackers</p>	<p><i>11</i></p> <p>AM: Whole wheat toast &amp; milk L: Macaroni &amp; cheese, green peas &amp; milk PM: Fresh fruit &amp; Organic animal crackers</p>	<p><i>12</i></p> <p>AM: Cereal &amp; milk L: Cheese quesadilla, green salad, oranges &amp; milk PM: Pretzels &amp; raisins</p>																																																																																																			
<p><i>15</i></p> <p>AM: Graham crackers &amp; fresh fruit L: Chicken taquitos, rice, fresh fruit &amp; milk PM: Goldfish crackers &amp; raisins</p>	<p><i>16</i></p> <p>AM: Toasted English muffin &amp; milk L: Chicken noodle soup, cheese &amp; crackers, fruit &amp; milk PM: Snack mix &amp; sliced apples</p>	<p><i>17</i></p> <p>AM: Organic animal crackers &amp; fresh fruit L: Turkey hot dogs, french fries, oranges &amp; milk PM: Cheese sticks &amp; Ritz crackers</p>	<p><i>18</i></p> <p>AM: Cereal &amp; milk L: Vegetarian bean &amp; cheese burrito, sliced apple &amp; milk PM: Fresh fruit &amp; Club Crackers</p>	<p><i>19</i></p> <p>AM: Lowfat yogurt &amp; fresh fruit L: Turkey &amp; cheese on whole wheat, carrot sticks, Cheez-Its &amp; milk PM: Pretzels &amp; fresh fruit</p>																																																																																																			
<p><i>22</i></p> <p>AM: Cereal &amp; milk L: Fish sticks, rice pilaf, peas &amp; carrots, milk PM: Snack mix &amp; fresh fruit</p>	<p><i>23</i></p> <p><b>COOK'S CHOICE</b></p>	<p><i>24</i></p> <p>AM: Graham crackers &amp; fresh fruit L: Roasted Chicken, mashed potatoes w/ gravy, mixed veggies &amp; milk PM: String cheese &amp; pretzels</p>	<p><i>25</i></p> <p>AM: Toasted bagel &amp; sliced apple L: Rotini pasta w/ marinara sauce, veggies &amp; milk PM: Cheez-Its and raisins</p>	<p><i>26</i></p> <p>AM: Quaker cereal bars &amp; milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit &amp; milk PM: Fresh fruit &amp; Organic animal crackers</p>																																																																																																			
<p><i>29</i></p> <p>AM: Graham crackers &amp; fresh fruit L: Macaroni &amp; cheese, green peas &amp; milk PM: Goldfish crackers &amp; raisins</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">January</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>1</td><td>2</td><td>3</td><td></td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </tbody> </table>			January							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;"> <thead> <tr> <th colspan="7">March</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>1</td><td>2</td><td>3</td><td>4</td><td>5</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> </tbody> </table>		March							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		
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NOTE: All milk is lowfat 1%, BREAKFAST is over at 7:30 am and is always cold cereal with milk.