

# September 2016

## Monthly Planner

Monday		Tuesday		Wednesday		Thursday		Friday																																																																																												
<div><div>August</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>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>31</td><td></td><td></td><td></td><td></td></tr></table></div> <div><div>October</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>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></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	31					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							<i>1</i> AM: Cereal & milk L: Vegetarian bean & cheese burrito, sliced apple & milk PM: Cheese sticks & Club crackers		<i>2</i> AM: Lowfat yogurt & organic animal crackers L: Turkey & cheese slices w/ crackers, apples & milk PM: Snack mix & fresh fruit	
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<i>5</i> <b>CLOSED for Labor Day</b>		<i>6</i> AM: Toasted bagel & milk L: Pasta w/ marinara sauce, mixed veggies & milk PM: Orange slices & graham crackers		<i>7</i> AM: Cereal bar & apple slices L: Chicken taquitos, rice, fresh fruit & milk PM: Cheese sticks & Ritz crackers		<i>8</i> <b>COOK'S CHOICE</b>		<i>9</i> AM: Quaker cereal bars & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Apple slices w/ Wow Butter																																																																																												
<i>12</i> AM: Graham crackers & banana L: Pasta Alfredo, steamed broccoli, fruit & milk PM: Snack mix & fresh fruit		<i>13</i> AM: Cereal & milk L: Turkey & cheese slices w/ crackers, apples & milk PM: Cheese sticks & Club crackers		<i>14</i> AM: French toast sticks & fresh fruit L: Teriyaki chicken, rice, steamed broccoli & milk PM: Sliced cheese & crackers		<i>15</i> AM: Whole wheat toast & fresh fruit L: Macaroni & cheese, green peas & milk PM: Fresh fruit & Organic animal crackers		<i>16</i> AM: Lowfat yogurt & organic animal crackers L: Cheese quesadilla, green salad, oranges & milk PM: Pretzels & raisins																																																																																												
<i>19</i> AM: Graham crackers & fresh fruit L: Cheese pizza, fresh fruit & milk PM: Goldfish crackers & raisins		<i>20</i> AM: Lowfat yogurt & fresh fruit L: Turkey Sliders on a Hawaiian roll, steamed broccoli & milk PM: Sliced cheese & crackers		<i>21</i> AM: Organic animal crackers & fresh fruit L: Turkey hot dogs, tator tots, oranges & milk PM: Cheese sticks & Ritz crackers		<i>22</i> AM: Cereal & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Orange slices & graham crackers		<i>23</i> AM: Lowfat yogurt & fresh fruit L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk PM: Pretzels & fresh fruit																																																																																												
<i>26</i> AM: Cereal & milk L: Fish sticks, rice pilaf, peas & carrots, milk PM: Snack mix & fresh fruit		<i>27</i> <b>COOK'S CHOICE</b>		<i>28</i> AM: Organic animal crackers & fresh fruit L: Roasted Chicken, mashed potatoes w/ gravy, mixed veggies & milk PM: String cheese & pretzels		<i>29</i> AM: Toasted bagel & sliced apple L: Pasta w/ marinara sauce, mixed veggies & milk PM: Cheez-Its and raisins		<i>30</i> AM: Quaker cereal bars & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Fresh fruit & Organic animal crackers																																																																																												

NOTE: All milk is lowfat 1%, BREAKFAST is over at 7:30 am and is always cold cereal, milk and fresh fruit.