

January 2017

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>CLOSED for New Year's</div>	<div>3</div> <div>AM: Toasted English muffin & milk L: Cheese quesadilla, green salad, oranges & milk PM: Organic animal crackers & fresh fruit</div>	<div>4</div> <div>AM: Lowfat yogurt & fresh fruit L: Turkey Sliders on a bun, steamed broccoli & milk PM: Sliced cheese & crackers</div>	<div>5</div> <div>AM: Organic animal crackers & fresh fruit L: Pasta with marinara sauce, fresh fruit, green beans & milk PM: Snack mix & sliced apples</div>	<div>6</div> <div>AM: Graham crackers & milk L: Wow Butter & jelly sandwich on whole wheat, Cheez-its, fresh fruit & milk PM: Goldfish crackers & raisins</div>
<div>9</div> <div>AM: Cereal & milk L: Cheesy scrambled eggs, tater tots, bananas & milk PM: Apples & Cheez-its</div>	<div>10</div> <div>AM: Toasted bagel & milk L: Pasta w/ marinara sauce, mixed veggies & milk PM: Orange slices & graham crackers</div>	<div>11</div> <div>AM: Quaker cereal bars & sliced apple L: Grilled chicken strips w/BBQ dipping sauce, rice, steamed broccoli & milk PM: Cheese sticks & Ritz crackers</div>	<div>12</div> <div>COOK'S CHOICE</div>	<div>13</div> <div>AM: Lowfat yogurt & organic animal crackers L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Graham crackers & milk</div>
<div>16</div> <div>AM: Graham crackers & banana L: Pasta Alfredo, steamed broccoli, fruit & milk PM: Snack mix & fresh fruit</div>	<div>17</div> <div>AM: Cereal & milk L: Turkey & cheese slices w/ crackers, apples & milk PM: Apple slices & lowfat yogurt</div>	<div>18</div> <div>AM: French toast sticks & fresh fruit L: Teriyaki chicken, rice, steamed broccoli & milk PM: Sliced cheese & crackers</div>	<div>19</div> <div>AM: Whole wheat toast & milk L: Macaroni & cheese, green peas & milk PM: Organic animal crackers & fresh fruit</div>	<div>20</div> <div>AM: Lowfat yogurt & graham crackers L: Cheese quesadilla, green salad, oranges & milk PM: Raisins & pretzels</div>
<div>23</div> <div>AM: Graham crackers & fresh fruit L: Chicken taquitos, rice, fresh fruit & milk PM: Goldfish crackers & raisins</div>	<div>24</div> <div>AM: Toasted English muffin & milk L: Chicken noodle soup, cheese & crackers, fruit & milk PM: Snack mix & sliced apples</div>	<div>25</div> <div>AM: Organic animal crackers & fresh fruit L: Cheesy scrambled eggs, tater tots, bananas & milk PM: Cheese sticks & Ritz crackers</div>	<div>26</div> <div>AM: Cereal & milk L: Vegetarian bean & cheese burrito, sliced apple & milk PM: Apples & Cheez-its</div>	<div>27</div> <div>AM: Lowfat yogurt & fresh fruit L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: Pretzels & fresh fruit</div>
<div>30</div> <div>AM: Cereal & milk L: Fish sticks, rice pilaf, peas & carrots, milk PM: Snack mix & fresh fruit</div>	<div>31</div> <div>COOK'S CHOICE</div>	<div><div><div>December 16</div><div><div>M</div><div>T</div><div>W</div><div>T</div><div>F</div><div>S</div><div>S</div></div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div></div></div> <div><div><div>February 17</div><div><div>M</div><div>T</div><div>W</div><div>T</div><div>F</div><div>S</div><div>S</div></div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div></div></div></div>		

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