

February 2017

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																
		1 AM: Fresh fruit with organic animal crackers L: Roasted chicken, mashed potatoes w/ gravy, mixed veggies, milk PM: String Cheese & pretzels	2 AM: Toasted bagels and sliced apples L: Pasta with marinara sauce, mixed veggies & milk PM: Cheez-It crackers & raisins	3 AM: Quaker cereal bar & milk L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: fresh fruit & organic animal crackers																																																																																																																
		6 AM: fresh fruit & graham crackers L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins	7 AM: French toast sticks & milk L: Cheese Pizza, orange slices & milk PM: apple slices & graham crackers	8 AM: Quaker cereal bar & apple slices L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: organic animal crackers & milk	9 AM: cereal & milk L: Turkey Sloppy Joe on a bun, mixed veggies & milk PM: Cheese sticks and Club crackers	10 AM: lowfat yogurt & organic animal crackers L: turkey and cheese slices with crackers, apple slices & milk PM: snack mix & fresh fruit																																																																																																														
13 AM: orange slices & graham crackers L: turkey hot dog, french fries, fresh fruit & milk PM: String cheese & pretzels	14 AM: toasted english muffin & milk L: pasta with marinara sauce, green salad, fresh fruit & milk PM: orange slices & organic animal crackers	15 AM: lowfat yogurt & fresh fruit L: turkey sliders on a bun, fresh fruit & milk PM: sliced cheese & crackers	16 AM: Fresh fruit with organic animal crackers L: Cheese quesadilla, green salad, orange slices & milk PM: snack mix & apple slices	17 AM: graham crackers & milk L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Goldfish crackers & raisins																																																																																																																
20 AM: cereal & milk L: corn dogs, green beans, orange slices & milk PM: snack mix & apple slices	21 AM: Toasted bagels and sliced apples L: Pasta with marinara sauce, mixed veggies & milk PM: orange slices & graham crackers	22 AM: Quaker cereal bar & apple slices L: chicken taquitos, rice pilaf, orange slices & milk PM: cheese sticks and Ritz crackers	23 COOK'S CHOICE	24 AM: Fresh fruit with organic animal crackers L: Grilled cheese on whole wheat, carrot sticks, fresh fruit & milk PM: apple slices & Club crackers																																																																																																																
27 AM: graham crackers & bananas L: Fettucini Alfredo, steamed broccoli, fresh fruit & milk PM: Cheese sticks and Club crackers	28 AM: cereal & milk L: Chicken noodle soup, crackers, cheese slices, fresh fruit & milk PM: snack mix & apple slices	<table border="1"> <thead> <tr> <th colspan="7">Jan 2017</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></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>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="7">Mar 2017</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></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td></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> </tbody> </table>			Jan 2017							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						Mar 2017							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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