

March 2017

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">Feb 2017</p> <table border="1" style="width: 100%; text-align: center;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</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></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Apr 2017</p> <table border="1" style="width: 100%; text-align: center;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></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> </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						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		1 AM: French toast sticks & fresh fruit L: Turkey Sloppy Joes, fresh fruit, green beans & milk PM: Pretzles & raisins	2 AM: Whole wheat toast & milk L: Macaroni & Cheese, green peas & milk PM: Fresh fruit & organic animal crackers	3 AM: Yogurt & graham crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Crackers and sliced cheese
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																																																																																							
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																																																																																		
6 AM: Fresh fruit & graham crackers L: Fish sticks, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	7 AM: Toasted english muffin & milk L: Chicken noodle soup, crackers, cheese slices, fresh fruit & milk PM: Snack mix & apple slices	8 AM: Fresh fruit & organic animal crackers L: Turkey hot dog, french fries, oranges & milk PM: String cheese & Ritz crackers	9 AM: Cereal & milk L: Vegetarian bean and cheese burritos, apples & milk PM: Fresh fruit & graham crackers	10 AM: lowfat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, apple slices & milk PM: Pretzles & oranges																																																																																				
13 AM: Cereal & milk L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	14 AM: Toasted bagel & fresh fruit L: Cheese Torellini, mixed veggies & milk PM: Fresh fruit & Goldfish crackers	15 AM: Fresh fruit with organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Fresh fruit & organic animal crackers	16 COOK'S CHOICE	17 AM: Quaker cereal bar & green apple slices L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: "Shamrock" Lowfat yogurt & organic animal crackers																																																																																				
20 AM: Fresh fruit & graham crackers L: Macaroni and Cheese, green peas & milk PM: Apple slices & Wow Butter	21 AM: French toast sticks & milk L: Cheese quesadilla, rice pilaf, oranges & milk PM: Goldfish crackers & raisins	22 AM: Quaker cereal bar & milk L: Roasted chicken, mashed potatoes with gravy, broccoli & milk PM: Organic animal crackers & milk	23 AM: Cereal & milk L: Chicken corn dogs, mixed veggies, orange slices & milk PM: Cheese sticks & Club crackers	24 AM: Graham crackers & milk L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Snack mix & fresh fruit																																																																																				
27 AM: Cereal & milk L: Cheese pizza, green beans, orange slices & milk PM: Cheez-It crackers & apple slices	28 COOK'S CHOICE	29 AM: Quaker cereal bars & apple slices L: Chicken taquitos, rice pilaf, orange slices & milk PM: Cheese sticks & Ritz crackers	30 AM: Toasted bagel & milk L: Pasta with marinara sauce, mixed veggies & milk PM: Graham crackers & orange slices	31 AM: Lowfat yogurt & Graham crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Cheese slices & crackers																																																																																				

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