

July 2017

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
3 AM: Fresh fruit & graham crackers L: Macaroni & cheese, green peas & milk PM: Goldfish crackers & raisins	4 CLOSED for Independence day	5 AM: Quaker cereal bar & apple slices L: Picnic lunch ~ Turkey & cheese sandwiches on whole wheat, chips (*special treat) fresh fruit, carrot sticks & milk PM: Organic animal crackers & milk	6 AM: cereal & milk L: Chicken corn dogs, green beans, orange slices & milk PM: Cheese sticks and Club crackers	7 AM: Lowfat yogurt & organic animal crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit																																																																																																		
10 AM: orange slices & graham crackers L: Pasta with butter and Parmesan cheese, salad, fresh fruit & milk PM: String cheese & pretzles	11 AM: Toasted english muffin & milk L: Vegetarian bean and cheese burritos, apples & milk PM: Orange slices & Organic animal crackers	12 AM: Lowfat yogurt & apple slices L: Turkey slider on a roll, fresh fruit & milk PM: Pretzels & raisins	13 AM: Fresh fruit with organic animal crackers L: Dinosaur chicken nuggets, herbivore salad, mashed potatoes & milk PM: Apple slices & snack mix	14 AM: Graham crackers & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Goldfish crackers & raisins																																																																																																		
17 AM: Cereal & milk L: Cheese pizza, green beans, orange slices & milk PM: Chez-Its & apple slices	18 COOKS CHOICE	19 AM: Quaker cereal bar & apples L: Roasted chicken strips w/ BBQ dipping sauce, rice, steamed veggies & milk PM: Cheese sticks & Ritz crackers	20 AM: Toasted bagel & milk L: Pasta with marinara sauce, mixed veggies & milk PM: Graham crackers & orange slices	21 AM: Lowfat yogurt & organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Unsweetened applesauce and Club crackers																																																																																																		
24 AM: Graham crackers & bananas L: Cheesey scrambled eggs, tator tots, fresh fruit & milk PM: Snack mix & fresh fruit	25 AM: Cereal & milk L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Cheese sticks & Club crackers	26 AM: French toast sticks and fresh fruit L: Turkey Sloppy Joes, fresh fruit, green beans & milk PM: Pretzels & raisins	27 AM: Whole wheat toast & milk L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: Fresh fruit & organic animal crackers	28 AM: Lowfat yogurt & organic animal crackers L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Cheese slices & crackers																																																																																																		
31 AM: Fresh fruit & Graham crackers L: Fish sticks, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	<table border="1"> <thead> <tr> <th colspan="7">Jun 2017</th> <th colspan="7">Aug 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> <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>1</td><td>2</td><td>3</td><td>4</td> <td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> </tbody> </table>				Jun 2017							Aug 2017							M	T	W	T	F	S	S	M	T	W	T	F	S	S				1	2	3	4		1	2	3	4	5	6	5	6	7	8	9	10	11	7	8	9	10	11	12	13	12	13	14	15	16	17	18	14	15	16	17	18	19	20	19	20	21	22	23	24	25	21	22	23	24	25	26	27	26	27	28	29	30			28	29	30	31			
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NOTE: All milk is 1% lowfat BREAKFAST is always cold cereal, fresh fruit and milk and is over at 7:30