

# September 2017

## Monthly Planner

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |    |    |          |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
|---|---|--|---|---|----|----|----------|----|----|----|----------|----|----|--|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|--|--|--|--|--|--|---|---|---|---|----|----|----|----|---|---|---|---|---|---|---|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|----|----|----|----|----|----|----|--|--|--|--|--|--|--|----|----|--|--|--|--|--|---|
| <table border="1"> <thead> <tr> <th colspan="7">Aug 2017</th> <th colspan="7">Oct 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table> |   |  |   | Aug 2017  |    |    |          |    |    |    | Oct 2017 |    |    |  |  |  |  | M | T | W | T | F | S | S | M | T | W | T | F | S | S |  | 1 | 2 | 3 | 4 | 5 | 6 |  |  |  |  |  |  | 1 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 28 | 29 | 30 | 31 |  |  |  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |  |  |  |  |  |  |  | 30 | 31 |  |  |  |  |  | <p><b>1</b></p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Turkey hot dog, french fries, oranges &amp; milk</p> <p>PM: String cheese &amp; Ritz crackers</p> |
| Aug 2017  |   |  |   |   |    |    | Oct 2017 |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| M   | T   | W  | T   | F   | S  | S  | M        | T  | W  | T  | F        | S  | S  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
|   | 1   | 2  | 3   | 4   | 5  | 6  |          |    |    |    |          |    | 1  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| 7   | 8   | 9  | 10  | 11  | 12 | 13 | 2        | 3  | 4  | 5  | 6        | 7  | 8  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| 14  | 15  | 16   | 17  | 18  | 19 | 20 | 9        | 10 | 11 | 12 | 13       | 14 | 15 |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| 21  | 22  | 23   | 24  | 25  | 26 | 27 | 16       | 17 | 18 | 19 | 20       | 21 | 22 |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| 28  | 29  | 30   | 31  |   |    |    | 23       | 24 | 25 | 26 | 27       | 28 | 29 |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
|   |   |  |   |   |    |    | 30       | 31 |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| <p><b>4</b></p> <p>CLOSED for Labor Day</p>   | <p><b>5</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Turkey and cheese slices with crackers, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; oranges</p>     | <p><b>6</b></p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Wow Butter &amp; jelly sandwiches on whole wheat, Cheez-Its, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; Club crackers</p> | <p><b>7</b></p> <p>AM: Fresh fruit &amp; Graham crackers</p> <p>L: Fish sticks, rice pilaf, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>                         | <p><b>8</b></p> <p>AM: Quaker cereal bar &amp; milk</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; raisins</p>                                  |    |    |          |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| <p><b>11</b></p> <p>AM: Fresh fruit &amp; Graham crackers</p> <p>L: Macaroni and Cheese, green peas &amp; milk</p> <p>PM: Apple slices &amp; Wow Butter</p>   | <p><b>12</b></p> <p>AM: French toast sticks &amp; milk</p> <p>L: Cheese quesadilla, rice pilaf, oranges &amp; milk</p> <p>PM: Raisins &amp; Goldfish crackers</p>                     | <p><b>13</b></p> <p>AM: Quaker cereal bar &amp; apple slices</p> <p>L: Roasted chicken, mashed potatoes w/ gravy, broccoli &amp; milk</p> <p>PM: Organic animal crackers &amp; milk</p>                        | <p><b>14</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Chicken corn dogs, mixed veggies, oranges &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>                                 | <p><b>15</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p> |    |    |          |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| <p><b>18</b></p> <p>AM: orange slices &amp; graham crackers</p> <p>L: Turkey sliders on a bun, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; pretzles</p>   | <p><b>19</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Vegetarian bean and cheese burritos, apples &amp; milk</p> <p>PM: Orange slices &amp; organic animal crackers</p> | <p><b>20</b></p> <p>AM: Lowfat yogurt &amp; apple slices</p> <p>L: Cheesy scrambled eggs, tater tots, fresh fruit &amp; milk</p> <p>PM: Cheese slices &amp; crackers</p>                                       | <p><b>21</b></p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Pasta with butter and Parmesan cheese, salad, fresh fruit &amp; milk</p> <p>PM: Apple slices and snack mix</p> | <p><b>22</b></p> <p>AM: Graham crackers &amp; milk</p> <p>L: Wow Butter &amp; jelly sandwiches on whole wheat, Cheez-Its, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>     |    |    |          |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |
| <p><b>25</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Cheese pizza, green beans, oranges &amp; milk</p> <p>PM: Apple slices &amp; Cheez-Its</p>   | <p><b>26</b></p> <p>COOKS CHOICE</p>  | <p><b>27</b></p> <p>AM: Quaker cereal bar &amp; apple slices</p> <p>L: Roasted chicken strips with BBQ dipping sauce, steamed veggies &amp; milk</p> <p>PM: Cheese sticks &amp; Ritz crackers</p>              | <p><b>28</b></p> <p>AM: Toasted bagel and milk</p> <p>L: Pasta with marinara sauce, mixed veggies &amp; milk</p> <p>PM: Orange slices &amp; graham crackers</p>                           | <p><b>29</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit &amp; milk</p> <p>PM: Apple slices &amp; club crackers</p>        |    |    |          |    |    |    |          |    |    |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |    |    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |    |    |    |    |    |    |    |  |  |  |  |  |  |  |    |    |  |  |  |  |  |   |

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