

# October 2017

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
<p><b>2</b></p> <p>AM: Graham crackers &amp; bananas</p> <p>L: Cheesy scrambled eggs, tator tots, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>3</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>	<p><b>4</b></p> <p>AM: French toast sticks and fresh fruit</p> <p>L: Turkey Sloppy Joes, fresh fruit, green beans &amp; milk</p> <p>PM: Pretzels &amp; raisins</p>	<p><b>5</b></p> <p>AM: Whole wheat toast &amp; milk</p> <p>L: Cheese quesadilla, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; organic animal crackers</p>	<p><b>6</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Cheese slices &amp; crackers</p>																																																																																																		
<p><b>9</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>10</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Chicken noodle soup, sliced cheese, crackers, fresh fruit &amp; milk</p> <p>PM: Apple slices and snack mix</p>	<p><b>11</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>	<p><b>12</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Vegetarian bean and cheese burritos, apples &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers</p>	<p><b>13</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>16</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Chicken taquitos, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>17</b></p> <p>AM: Toasted bagels and fresh fruit</p> <p>L: Cheese Tortellini, mixed veggies &amp; milk</p> <p>PM: Fresh fruit &amp; Goldfish crackers</p>	<p><b>18</b></p> <p>AM: Fresh fruit and 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>19</b></p> <p style="text-align: center;">COOK'S CHOICE</p>	<p><b>20</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>23</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>24</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>25</b></p> <p>AM: Quaker cereal bar &amp; apple slices</p> <p>L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges &amp; milk</p> <p>PM: Organic animal crackers &amp; milk</p>	<p><b>26</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>27</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Roasted chicken, mashed potatoes w/ gravy, broccoli &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>																																																																																																		
<p><b>30</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Turkey meatloaf, mashed potatoes, mixed veggies &amp; milk</p> <p>PM: String cheese &amp; pretzles</p>	<p><b>31</b></p> <p>AM: Orange slices &amp; graham crackers</p> <p>L: Macaroni and Cheese, green peas &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7" style="text-align: center;">Sep 2017</th> </tr> <tr> <th style="text-align: center;">M</th> <th style="text-align: center;">T</th> <th style="text-align: center;">W</th> <th style="text-align: center;">T</th> <th style="text-align: center;">F</th> <th style="text-align: center;">S</th> <th style="text-align: center;">S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td></tr> <tr><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td><td style="text-align: center;">17</td></tr> <tr><td style="text-align: center;">18</td><td style="text-align: center;">19</td><td style="text-align: center;">20</td><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td><td style="text-align: center;">24</td></tr> <tr><td style="text-align: center;">25</td><td style="text-align: center;">26</td><td style="text-align: center;">27</td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td><td></td></tr> </tbody> </table> <table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7" style="text-align: center;">Nov 2017</th> </tr> <tr> <th style="text-align: center;">M</th> <th style="text-align: center;">T</th> <th style="text-align: center;">W</th> <th style="text-align: center;">T</th> <th style="text-align: center;">F</th> <th style="text-align: center;">S</th> <th style="text-align: center;">S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td></tr> <tr><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td><td style="text-align: center;">17</td><td style="text-align: center;">18</td><td style="text-align: center;">19</td></tr> <tr><td style="text-align: center;">20</td><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td><td style="text-align: center;">24</td><td style="text-align: center;">25</td><td style="text-align: center;">26</td></tr> <tr><td style="text-align: center;">27</td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td><td></td><td></td><td></td></tr> </tbody> </table>			Sep 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		Nov 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			
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NOTE: All milk is 1%, BREAKFAST is over at 7:30a.m. and is always cold cereal, milk and fresh fruit