

January 2018

Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																				
<p>1</p> <p><i>CLOSED</i> <i>Happy New Year</i></p>	<p>2</p> <p>AM: Toasted English muffin & milk</p> <p>L: Chicken noodle soup, cheese & crackers, fresh fruit & milk</p> <p>PM: Snack mix & fresh fruit</p>	<p>3</p> <p>AM: Fresh fruit & organic animal crackers</p> <p>L: Turkey hot dog, french fries, fresh fruit & milk</p> <p>PM: String cheese & Ritz crackers</p>	<p>4</p> <p>AM: Cereal & milk</p> <p>L: Vegetarian bean and cheese burritos, apples & milk</p> <p>PM: Fresh fruit & graham crackers</p>	<p>5</p> <p>AM: Lowfat yogurt & organic animal crackers</p> <p>L: Turkey and cheese slices with crackers, fresh fruit & milk</p> <p>PM: Pretzels & fresh fruit</p>																																																																																																				
<p>8</p> <p>AM: Cereal & milk</p> <p>L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Snack mix & fresh fruit</p>	<p>9</p> <p>AM: Toasted bagels and fresh fruit</p> <p>L: Cheese Tortellini, mixed veggies & milk</p> <p>PM: Fresh fruit & Goldfish crackers</p>	<p>10</p> <p>AM: Fresh fruit & organic animal crackers</p> <p>L: Wow Butter & jelly sandwiches on whole wheat, goldfish, fresh fruit & milk</p> <p>PM: Cheese sticks & Club crackers</p>	<p>11</p> <p>COOK'S CHOICE</p>	<p>12</p> <p>AM: Quaker cereal bar & milk</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Pretzels & raisins</p>																																																																																																				
<p>15</p> <p>AM: Fresh fruit & Graham crackers</p> <p>L: Macaroni and Cheese, green peas & milk</p> <p>PM: Apple slices & Wow Butter</p>	<p>16</p> <p>AM: French toast sticks & milk</p> <p>L: Cheese quesadilla, rice pilaf, fresh fruit & milk</p> <p>PM: Goldfish crackers & raisins</p>	<p>17</p> <p>AM: Quaker cereal bar & fresh fruit</p> <p>L: Turkey and cheese sandwiches on whole wheat, goldfish crackers, fresh fruit & milk</p> <p>PM: Pretzels & fresh fruit</p>	<p>18</p> <p>AM: Cereal & milk</p> <p>L: Chicken corn dogs, mixed veggies, fresh fruit & milk</p> <p>PM: Cheese sticks & Club crackers</p>	<p>19</p> <p>AM: Lowfat yogurt & organic animal crackers</p> <p>L: Roasted chicken, mashed potatoes w/ gravy, broccoli & milk</p> <p>PM: Snack mix & fresh fruit</p>																																																																																																				
<p>22</p> <p>AM: Fresh fruit & Graham crackers</p> <p>L: Turkey meatloaf, mashed potatoes, mixed veggies & milk</p> <p>PM: String cheese & pretzels</p>	<p>23</p> <p>AM: Toasted English muffin & milk</p> <p>L: Vegetarian bean and cheese burritos, fresh fruit & milk</p> <p>PM: Fresh fruit & organic animal crackers</p>	<p>24</p> <p>AM: Lowfat yogurt and fresh fruit</p> <p>L: Wow Butter & jelly sandwiches on whole wheat, goldfish, fresh fruit & milk</p> <p>PM: Cheese slices & crackers</p>	<p>25</p> <p>AM: Fresh fruit & organic animal crackers</p> <p>L: Pasta with butter and Parmesan cheese, green beans, fresh fruit & milk</p> <p>PM: Snack mix & fresh fruit</p>	<p>26</p> <p>AM: Graham crackers & milk</p> <p>L: Turkey sliders on a bun, fresh fruit, carrot sticks & milk</p> <p>PM: Goldfish crackers & raisins</p>																																																																																																				
<p>29</p> <p>AM: Cereal & milk</p> <p>L: Cheese pizza, green beans, oranges & milk</p> <p>PM: Fresh fruit & Cheez-Its</p>	<p>30</p> <p>AM: Quaker cereal bar & fresh fruit</p> <p>L: Roasted chicken strips with BBQ dipping sauce, mashed potatoes, mixed veggies & milk</p> <p>PM: Cheese sticks & Ritz crackers</p>	<p>31</p> <p>COOK'S CHOICE</p>	<table border="1"> <thead> <tr> <th colspan="7">Dec 2017</th> <th colspan="7">Feb 2018</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></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		Dec 2017							Feb 2018							M	T	W	T	F	S	S	M	T	W	T	F	S	S						1	2	3					1	2	3	4	4	5	6	7	8	9	10	5	6	7	8	9	10	11	11	12	13	14	15	16	17	12	13	14	15	16	17	18	18	19	20	21	22	23	24	19	20	21	22	23	24	25	25	26	27	28	29	30	31	26	27	28				
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Note: All milk is lowfat 1%, BREAKFAST is over at 7:30 and is cold cereal, milk and fresh fruit daily