

# February 2018

## Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<div style="display: flex; justify-content: space-around;"> <table border="1" style="font-size: small;"> <caption>Jan 2018</caption> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> <table border="1" style="font-size: small;"> <caption>Mar 2018</caption> <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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></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	29	30	31					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	31		<p><b>1</b></p> <p>AM: Toasted bagel &amp; milk</p> <p>L: Pasta with marinara sauce, mixed veggies &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers</p>	<p><b>2</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: Fresh fruit &amp; Club crackers</p>
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<p><b>5</b></p> <p>AM: Fresh fruit &amp; Graham crackers</p> <p>L: Cheesy scrambled eggs, tater tots, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>6</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Turkey and cheese sandwiches on whole wheat, goldfish crackers, fresh fruit &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>	<p><b>7</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>8</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>9</b></p> <p>AM: Fresh fruit &amp; Graham crackers</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Cheese slices &amp; crackers</p>																																																																																				
<p><b>12</b></p> <p>AM: Fresh fruit &amp; Quaker cereal bar</p> <p>L: Fish sticks, rice pilaf, green beans &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p><b>13</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: Snack mix &amp; fresh fruit</p>	<p><b>14</b></p> <p>AM: Fresh fruit &amp; organic animal crackers</p> <p>L: Turkey hot dog, french fries, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; Ritz crackers</p>	<p><b>15</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Vegetarian bean and cheese burritos, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; Graham crackers</p>	<p><b>16</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; fresh fruit</p>																																																																																				
<p><b>19</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>20</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>21</b></p> <p>AM: Fresh fruit &amp; organic animal crackers</p> <p>L: Wow Butter &amp; jelly sandwiches on whole wheat, goldfish, fresh fruit &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>	<p><b>22</b></p> <p>COOK'S CHOICE</p>	<p><b>23</b></p> <p>AM: Quaker cereal bar &amp; fresh fruit</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; raisins</p>																																																																																				
<p><b>26</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>27</b></p> <p>AM: French toast sticks and milk</p> <p>L: Cheese quesadilla, rice pilaf, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p><b>28</b></p> <p>AM: Quaker cereal bar &amp; fresh fruit</p> <p>L: Turkey and cheese sandwiches on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Organic animal crackers &amp; milk</p>																																																																																						

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