

# SAMPLE

		SAMPLE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30	<b>1</b> Granola Trail Mix, Dried Fruit & Milk <hr/> Vegetables, Ranch Dip & Rice Crackers	<b>2</b> Bagels, Apple Butter & Cheese <hr/> Fruit & WW Crackers	<b>3</b> Bread Sticks, Cheese, Cucumber & Juice <hr/> Vanilla yogurt & Fruit	<b>4</b> Apple Sauce, WW Crackers & Milk <hr/> Cream Cheese, Pita & Juice *Veggies	5	6	
7	<b>8</b> Granola Trail Mix, Dried Fruit & Milk <hr/> Vegetables, Ranch Dip & Rice Crackers	<b>9</b> Bagels, Apple Butter & Cheese <hr/> Fruit & WW Crackers	<b>10</b> Bread Sticks, Cheese, Cucumber & Juice <hr/> Vanilla yogurt & Fruit	<b>11</b> Apple Sauce, WW Crackers & Milk <hr/> Cream Cheese, Pita & Juice *Veggies	<b>12</b> Fruit Slices & Yogurt Dip <hr/> Arrowroot & Juice	13	
14	<b>15</b> Granola Trail Mix, Dried Fruit & Milk <hr/> Vegetables, Ranch Dip & Rice Crackers	<b>16</b> Bagels, Apple Butter & Cheese <hr/> Fruit & WW Crackers	<b>17</b> Bread Sticks, Cheese, Cucumber & Juice <hr/> Vanilla yogurt & Fruit	<b>18</b> Apple Sauce, WW Crackers & Milk <hr/> Cream Cheese, Pita & Juice *Veggies	<b>19</b> Fruit Slices & Yogurt Dip <hr/> Birthday Snack	20	
21	22	<b>23</b> Bagels, Apple Butter & Cheese <hr/> Fruit & WW Crackers	<b>24</b> Bread Sticks, Cheese, Cucumber & Juice <hr/> Vanilla yogurt & Fruit	<b>25</b> Apple Sauce, WW Crackers & Milk <hr/> Cream Cheese, Pita & Juice *Veggies	<b>26</b> Fruit Slices & Yogurt Dip <hr/> Arrowroot & Juice	27	
28	<b>29</b> Granola Trail Mix, Dried Fruit & Milk <hr/> Vegetables, Ranch Dip & Rice Crackers	<b>30</b> Bagels, Apple Butter & Cheese <hr/> Fruit & WW Crackers	<b>31</b> Bread Sticks, Cheese, Cucumber & Juice <hr/> Vanilla yogurt & Fruit	<b>1</b> <b>No Classes</b> Parent-Teacher Conferences	<b>2</b> <b>No Classes</b> Parent-Teacher Conferences	3	