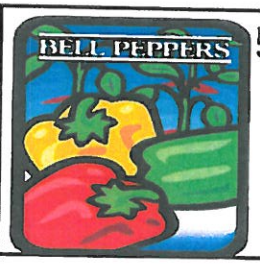
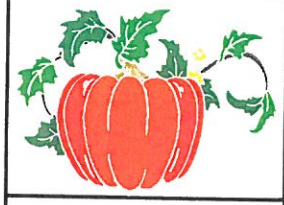
October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 AM SNACK CEREAL & MILK PM SNACK CLUB CRACKERS/GARDEN SALAD/GREEK YOGURT DRESSING	2 AM SNACK CEREAL & MILK PM SNACK RICE CAKES/CREAM CHEESE/STRAWBERRIES	3 AM SNACK CEREAL & MILK PM SNACK STONED WHEAT THINS/PLUMS/ MONTEREY JACK	4 AM SNACK CEREAL & MILK PM SNACK GRAHAM CRACKERS/COTTAGE CHEESE/MIXED FRUIT	5 
6 	7 AM SNACK CEREAL & MILK PM SNACK WHOLE WHEAT TORTILLA W/CHEDDAR CHEESE/GRAPE TOMATOES	8 AM SNACK CEREAL & MILK PM SNACK WHEATSWORTH CRACKERS/GREEN GRAPES/MONTEREY	9 AM SNACK CEREAL & MILK PM SNACK CINNAMON RAISIN BAGEL/JELLY/PEACHES/ YOGURT	10 AM SNACK CEREAL & MILK PM SNACK CLUB CRACKERS/RAISINS /CHEDDAR CHEESE	11 AM SNACK CEREAL & MILK PM SNACK E. MUFFINS W/COLBY JACK CHEESE/TOMATO SAUCE/ORANGE & YELLOW PEPPERS	12
13	14 AM SNACK CEREAL & MILK PM SNACK WHOLE WHEAT PITA W/APPLE BUTTER/BANANAS/ STRING CHEESE	15 AM SNACK CEREAL & MILK PM SNACK RICE CAKES/APPLE BUTTER/COLBY JACK CHEESE/APPLE SLICES	16 AM SNACK CEREAL & MILK PM SNACK WHOLE GRAIN WAFFLES/YOGURT/ BLUEBERRIES	17 AM SNACK CEREAL & MILK PM SNACK GRAHAM CRACKERS WITH CREAM CHEESE/CUCUMBERS	18 AM SNACK CEREAL & MILK PM SNACK RITZ CRACKERS/ GARDEN SALAD/ G. YOGURT DRESSING	19
20	21 AM SNACK CEREAL & MILK PM SNACK STONED WHEAT THINS/PLUMS/ MONTEREY JACK	22 AM SNACK CEREAL & MILK PM SNACK CLUB CRACKERS/BABY CARROTS/G. YOGURT DRESSING	23 AM SNACK CEREAL & MILK PM SNACK CINNAMON RAISIN BAGEL/JELLY/PEACHES/ YOGURT	24 AM SNACK CEREAL & MILK PM SNACK WHOLE WHEAT TORTILLA W/CHEDDAR CHEESE/GRAPE TOMATOES	25 AM SNACK CEREAL & MILK PM SNACK E. MUFFINS W/COLBY JACK CHEESE/TOMATO SAUCE/ORANGE & YELLOW PEPPERS	26
27 	28 AM SNACK CEREAL & MILK PM SNACK STONED WHEAT THINS/BANANAS/ YOGURT	29 AM SNACK CEREAL & MILK PM SNACK RICE CAKES/CREAM CHEESE/STRAWBERRIES	30 AM SNACK CEREAL & MILK PM SNACK GRAHAM CRACKERS/COTTAGE CHEESE/PEACHES	31 AM SNACK CEREAL & MILK PM SNACK HALLOWEEN PARTIES!!!!!!!		