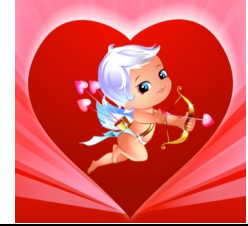



# February



Mon	Tue	Wed	Thu	Fri
		<p>1 BBQ/Bun (2,4) Fruit cup (3/4c) 1% Milk (1c)</p> <p>Snack: String Cheese 1 oz &amp; Apple (3/4c)</p>	<p>2 Hot dog (2,4) Peaches (3/4c) Carrots 1% Milk (1c)</p> <p>Snack: Granola Bar &amp; Apple Juice</p>	<p>3 Hamburger (2oz/4) Pepinos (3/4c) Salad (3/4c) 1% Milk (1c)</p> <p>Snack: Tortilla Chips &amp; Salsa</p>
<p>6 Turkey Sandwich (10z.,4) Fruit Cup (3/4c) 1% Milk (1c)</p> <p>Snack: Peanut butter crackers &amp; orange</p>	<p>7 PB Jelly Sandwich Carrot Sticks (3/4c) 1% Milk (1c)</p> <p>Snack: Apple Juice &amp; Graham Crackers (1 oz)</p>	<p>8 BBQ/Bun (2,4) Fruit cup (3/4c) 1% Milk (1c)</p> <p>Snack: String Cheese 1 oz &amp; Apple (3/4c)</p>	<p>9 Hot dog (2,4) Peaches (3/4c) Carrots 1% Milk (1c)</p> <p>Snack: Granola Bar &amp; Apple Juice</p>	<p>10 Hamburger (2oz/4) Pepinos (3/4c) Salad (3/4c) 1% Milk (1c)</p> <p>Snack: Tortilla Chips &amp; Salsa</p>
<p>13 Turkey Sandwich (10z.,4) Fruit Cup (3/4c) 1% Milk (1c)</p> <p>Snack: Peanut butter crackers &amp; orange</p>	<p>14 PB Jelly Sandwich Carrot Sticks (3/4c) 1% Milk (1c)</p> <p>Snack: Apple Juice &amp; Graham Crackers (1 oz)</p>	<p>15 BBQ/Bun (2,4) Fruit cup (3/4c) 1% Milk (1c)</p> <p>Snack: String Cheese 1 oz &amp; Apple (3/4c)</p>	<p>16 Hot dog (2,4) Peaches (3/4c) Carrots 1% Milk (1c)</p> <p>Snack: Granola Bar &amp; Apple Juice</p>	<p>17 Hamburger (2oz/4) Pepinos (3/4c) Salad (3/4c) 1% Milk (1c)</p> <p>Snack: Tortilla Chips &amp; Salsa</p>
<p>20 Turkey Sandwich (10z.,4) Fruit Cup (3/4c) 1% Milk (1c)</p> <p>Snack: Peanut butter crackers &amp; orange</p>	<p>21 PB Jelly Sandwich Carrot Sticks (3/4c) 1% Milk (1c)</p> <p>Snack: Apple Juice &amp; Graham Crackers (1 oz)</p>	<p>22 BBQ/Bun (2,4) Fruit cup (3/4c) 1% Milk (1c)</p> <p>Snack: String Cheese 1 oz &amp; Apple (3/4c)</p>	<p>23 Hot dog (2,4) Peaches (3/4c) Carrots 1% Milk (1c)</p> <p>Snack: Granola Bar &amp; Apple Juice</p>	<p>24 Hamburger (2oz/4) Pepinos (3/4c) Salad (3/4c) 1% Milk (1c)</p> <p>Snack: Tortilla Chips &amp; Salsa</p>
<p>27 Turkey Sandwich (10z.,4) Fruit Cup (3/4c) 1% Milk (1c)</p> <p>Snack: Peanut butter crackers &amp; orange</p>	<p>28 PB Jelly Sandwich Carrot Sticks (3/4c) 1% Milk (1c)</p> <p>Snack: Apple Juice &amp; Graham Crackers (1 oz)</p>	<p>29 BBQ/Bun (2,4) Fruit cup (3/4c) 1% Milk (1c)</p> <p>Snack: String Cheese 1 oz &amp; Apple (3/4c)</p>	<p>Milk 8 oz, 1 cup= one serving Bread 1 slice/3/4 oz, 1 oz., 1/2 cup = one serving</p> <p>Meat 10z= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving</p>	<p>8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup</p>

# November 2011

Mon	Tue	Wed	Thu	Fri
	<p>1 PB Pocket Sandwich Celery (3/4 c) 1% milk (1c)</p> <p>Snack: Yogurt (2 oz) &amp; graham cracker</p>	<p>2 BBQ/bun (2,4) Peaches/Fruit Cup (12 oz) 1% milk (2c)</p> <p>Snack: String Cheese &amp; Apple</p>	<p>3 Bean &amp; cheese Taquito Fruit Cup 1% milk (2c)</p> <p>Snack: Granola Bar (1 oz.) apple juice (1/2 cup)</p>	<p>4 Ham Sandwich Apple (3/4 c) 1% milk (2c)</p> <p>Snack: Crackers &amp; Apple sauce</p>
<p>7 Turkey Sandwich (1 oz., 4) Carrot Sticks 1% Milk (2c)</p> <p>Snack: Peanut butter crackers &amp; apple</p>	<p>8 PB Pocket Sandwich Celery (3/4 c) 1% milk (1c)</p> <p>Snack: Yogurt (2 oz) &amp; graham cracker</p>	<p>9 BBQ/bun (2,4) Peaches/Fruit Cup (12 oz) 1% milk (2c)</p> <p>Snack: String Cheese &amp; Apple</p>	<p>10 Bean &amp; cheese Taquito Fruit Cup 1% milk (2c)</p> <p>Snack: Granola Bar (1 oz.) apple juice (1/2 cup)</p>	<p>11</p> <p><b>We Are Closed in observance of Veteran's Day</b></p>
<p>14 Turkey Sandwich (1 oz., 4) Carrot Sticks 1% Milk (2c)</p> <p>Snack: Peanut butter crackers &amp; apple</p>	<p>15 PB Pocket Sandwich Celery (3/4 c) 1% milk (1c)</p> <p>Snack: Yogurt (2 oz) &amp; graham cracker</p>	<p>16 BBQ/bun (2,4) Peaches/Fruit Cup (12 oz) 1% milk (2c)</p> <p>Snack: String Cheese &amp; Apple</p>	<p>17 Bean &amp; cheese Taquito Fruit Cup 1% milk (2c)</p> <p>Snack: Granola Bar (1 oz.) apple juice (1/2 cup)</p>	<p>18 Ham Sandwich Apple (3/4 c) 1% milk (2c)</p> <p>Snack: Crackers &amp; Apple sauce</p>
<p>21 Turkey &amp; Dressing (1 oz., 4) Green Beans, Corn, Mashed Potatoes (3/4 c) Roll (1 serving) 1% Milk (2c)</p>	<p>22 PB Pocket Sandwich Celery (3/4 c) 1% milk (1c)</p> <p>Snack: Yogurt (2 oz) &amp; graham cracker <b>ALL DDAY CAMP</b></p>	<p>23 BBQ/bun (2,4) Peaches/Fruit Cup (12 oz) 1% milk (2c)</p> <p>Snack: String Cheese &amp; Apple <b>ALL DDAY CAMP</b></p>	<p>24</p> <p><b>Club Closed for Thanksgiving Holiday</b></p>	<p>25</p> <p><b>Club Closed for Thanksgiving Holiday</b></p>
<p>28 Turkey Sandwich (1 oz., 4) Carrot Sticks 1% Milk (2c)</p> <p>Snack: Peanut butter crackers &amp; apple</p>	<p>29 PB Pocket Sandwich Celery (3/4 c) 1% milk (1c)</p> <p>Snack: Yogurt (2 oz) &amp; graham cracker</p>	<p>30 BBQ/bun (2,4) Peaches/Fruit Cup (12 oz) 1% milk (2c)</p> <p>Snack: String Cheese &amp; Apple</p>		

