



February

4	5	6	7	8
AM: 2 Graham Crackers + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Fruit	AM: 1 Cinnamon Roll + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Milk	AM: 1/2 Cup Fruit + 1/2 Cup Yogurt
PM: 1/2 Cup Pasta + 1/2 Cup Sauce	PM: 1/2 Cup Gold Fish + 1/2 Cup Veggies	PM: 2 Gram Crackers + 1/2 Cup Applesauce	PM: 1 Bagel + 1 Table Spoon Cream Cheese + 1/2 Cup Veggies	PM: 1/2 Cup Ramen + 1/2 Cup Green Apples
11	12	13	14	15
AM: 1 Hash brown + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Milk	AM: 1/2 Cup Oatmeal + 1/2 Cup Milk	1 Nutrigrain Bar + 1/2 Cup Fruit	1/2 Cup Fruit + 1/2 Cup cereal w/ Milk
PM: 1 Hash Brown + 1/2 Cup Fruit	2 Slices of Pita Bread + 1 Table Spoon Of Humus + 1/2 Cup Veggies	1/2 Cup Noodle Soup + 1/2 Cup Veggies	4 Crackers + 1 String Cheese	1 Quesadilla + 1/2 Cup Fruit
18	19	20	21	22
AM: 2 Graham Crackers + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Fruit	AM: 1 Cinnamon Roll + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Milk	AM: 1/2 Cup Fruit + 1/2 Cup Yogurt
PM: 1/2 Cup Rice + 1 TSP Soy Sauce + 1/2 Cup Veggies	PM: Pretzels + 1/2 Cup Fruit	1/2 Cup Chili + 1/2 Cup Veggies	1/2 Cup Fruit + 1/2 Cup Yogurt	1/2 Cup Macaroni Salad + 1/2 Cup Fruit
25	26	27	28	1
AM: 1 Hash brown + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + 1/2 Cup Milk	AM: 1/2 Cup Oatmeal + 1/2 Cup Milk	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit	AM: 1/2 Cup Fruit + 1/2 Cup cereal w/ Milk
PM: 1/2 Cup Corn Chips + Salsa + 1/2 Cup Fruit	PM: 1/2 Cup Quinoa + 1/2 Cup Veggies	PM: 1/2 Cup Goldfish + 1/2 Cup Fruit	PM: 4 Saltines + 1/2 Cup Fruit	PM: 1 Slice of Cheese Toast + 1/2 Cup Tomato Soup.