

Year

2021

Month

3

Start Day

1

1:Sun, 2:Sat

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 1/2 c. milk 1/2 c apple 1oz peanut or almond butter 2 pretzels	2 1/2 c. milk 1/4 c yogurt 1/4 c strawberry 4 graham crackers	3 1/2 c. milk 1/4 c pineapple 3 crackers 1 slice cheese	4 1/2 c. milk 1/4 bagel 1 oz cream cheese 1/2 banana	5 1/2 c. milk 1/4 c yogurt 1/4 c pineapple or strawberry 1/4 c cereal of choice	6
7	8 1/2 c. milk 1/2 c. apple 1oz peanut or almond butter 2 pretzels	9 1/2 c. milk 1/4 c yogurt 1/4 c blueberry 4 graham crackers	10 1/2 c. milk 1/4 c orange 3 crackers 1 slice cheese	11 1/2 c. milk 1/4 bagel 1 oz cream cheese 1/2 banana	12 1/2 c. milk 1/4 c yogurt 1/4 c blueberry or orange 4 graham crackers	13
14	15 1/2 c. milk 1/2 c apple 1oz peanut or almond butter 2 pretzels	16 1/2 c. milk 1/4 c yogurt 1/4 c strawberry 4 graham crackers	17 1/2 c. milk 1/4 c orange 3 triscuit crackers 1 slice cheese	18 1/2 c. milk 1/4 bagel 1 oz cream cheese 1/2 banana	19 1/2 c. milk 1/4 c yogurt 1/4 c orange 4 graham crackers	20
21	22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK	27
28	29 1/2 c. milk 1/2 c apple 1oz peanut or almond butter 2 pretzels	30	31	1	2	3

4	5
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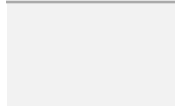
Goals

1. Crackers= any multi grain cracker _____
2. _____
3. _____
4. _____
5. _____

To Do

Remember

Notes



Saturday

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April 2021							May 2021						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					