

Year

2021

Month

3

Start Day

1

1:Sun, 2:Sat

April 2021

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

1

2

Goals

1. Crackers= any whole grain cracker _____

2. _____

3. _____

4. _____

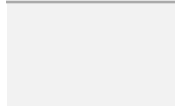
5. _____

To Do

Remember

Notes

Use any of the crackers, sweet potato veggie crisps, pretzels, wheat thins, t



Saturday

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