

Year

2021

Month

4

Start Day

1

1:Sun, 2:Sat

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 1/2 c. milk 2 oz black beans cheese quesadilla cherry tomato	30 1/2 c. milk 1/4 c celery or carrot 1 oz dip 1/4 c Veggie Straws	31 1/2 c. milk 1/4 c cucumber or carrot 1 oz dip 1/4 c Cereal	1 1/2 c. milk 1/4 c apple 3 crackers 1 oz cheese	2 1/2 c. milk 1/4 c cucumber or carrot 1/4 c Veggie Straws 1 oz cheese	3
4	5 1/2 c. milk 2 oz black beans cheese quesadilla cherry tomato	6 1/2 c. milk 1/4 c celery or carrot 1 oz dip 1/4 c Veggie Straws	7 1/2 c. milk 1/4 c cucumber or carrot 1 oz dip 1/4 Cereal	8 1/2 c. milk 1/4 c apple 3 crackers 1 oz cheese	9 1/2 c. milk 1/4 c cucumber or carrot 1/4 c Veggie Straws 1 oz cheese	10
11	12 1/2 c. milk 2 oz black beans cheese quesadilla cherry tomato	13 1/2 c. milk 1/4 c celery or carrot 1 oz dip 1/4 c Veggie Straws	14 1/2 c. milk 1/4 c cucumber or carrot 1 oz dip 1/4 Cereal	15 1/2 c. milk 1/4 c apple 3 crackers 1 oz cheese	16 1/2 c. milk 1/4 c cucumber or carrot 1/4 c Veggie Straws 1 oz cheese	17
18	19 1/2 c. milk 2 oz black beans cheese quesadilla cherry tomato	20 1/2 c. milk 1/4 c celery or carrot 1 oz dip 1/4 c Veggie Straws	21 1/2 c. milk 1/4 c cucumber or carrot 1 oz dip 1/4 Cereal	22 1/2 c. milk 1/4 c apple 3 crackers 1 oz cheese	23 1/2 c. milk 1/4 c cucumber or carrot 1/4 c Veggie Straws 1 oz cheese	24
25	26 1/2 c. milk 2 oz black beans cheese quesadilla cherry tomato	27 1/2 c. milk 1/4 c celery or carrot 1 oz dip 1/4 c Veggie Straws	28 1/2 c. milk 1/4 c cucumber or carrot 1 oz dip 1/4 c Cereal	29 1/2 c. milk 1/4 c apple 3 crackers 1 oz cheese	30 1/2 c. milk 1/4 c cucumber or carrot 1/4 c Veggie Straws 1 oz cheese	1

2	3
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Goals

1. Dip = cott. chs, ranch, apple sauce
2. Cracker= whole grain cracker
3. 1 oz cheese= 1 serving various
4.
5.

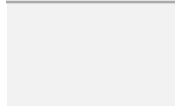
To Do

Remember

We buy Organic whenever available in bulk
Fresh fruits and veggie's will vary depending on what is freshest available.

Notes

Broccoli and carrots can be steamed microwave, and seasoned with salt a
Crackers- use any of the different cra
sweet potato, veggie crisp, wheat thi
Belvita



Saturday

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May 2021							June 2021						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
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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												