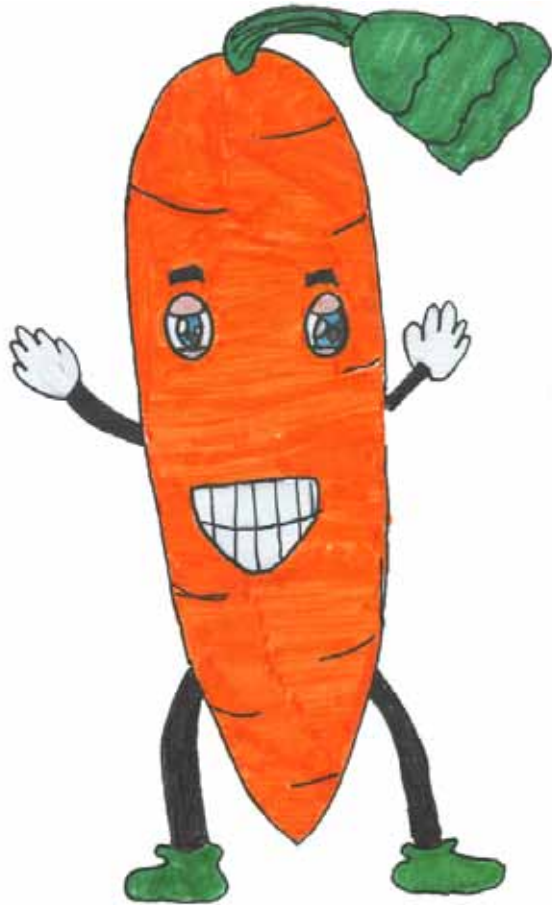


NOVEMBER

After School Care



MAKE HALF YOUR PLATE
FRUIT AND VEGETABLES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Strawberry Chex Mix Milk	2 Pretzel Milk	3 Yogurt Milk
6 Applesauce Cup Milk	7 Cheez-Its Milk	8 Early Release Sunchips Milk 	9 Pretzel Milk	10 Cheese Stick w/Raisins Milk
13 Carroteenies Milk	14 Cereal Milk	15 Strawberry Chex Mix Milk	16 Apple Slices Milk	17 Muffin Milk
20 Goldfish Milk	21 Cheez-Its Milk 	22 23 24 THANKSGIVING BREAK NOVEMBER 22-24TH 		
27 Carroteenies Milk	28 Cereal Milk	29 Sunchips Milk	30 Apple Slices Milk 	Dec 1 Tortilla Chips Salsa Cup Milk