

NOVEMBER 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 2021

JANUARY 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
AM Snack			Graham crackers & Applesauce	Cottage Cheese and Pineapples	Cheerios w/ milk	
PM Snack			Hummus & Vegetables	Turkey/ Cheese Roll up	Mozzerella and tomatoes	
5	6	7	8	9	10	11
AM Snack	Bagels w/ Cream cheese	Life cereal w/ milk	Belvitas	Cinnamon Toast	Grapes and cheese	
PM Snack	Babybel & Nilla Wafers	Fig Bars	Clif Z Bars	Cheese and Crackers	Nabisco Fun Shapes	
12	13	14	15	16	17	18
AM Snack	English Muffins	Cheerios w/ milk	Yogurt & Fruit	Bananas & raisins	PIZZA DAY Toast and Jelly	
PM Snack	Chex Mix	Chips and Salsa	Goldfish & raisins	Trail Mix	Animal Crackers & Applesauce	
19	20	21	22	23	24	25
AM Snack	Yogurt & Fruit	Life Cereal w/ Milk	Bananas and Nilla Wafers	Toast w/jelly		Christmas
PM Snack	Pretzels and Cheese	Apples and Sun Butter	Cucumbers and carrots	Cheese and crackers		
26	27	28	29	30	31	1
Happy Holidays!						New Year's Day