

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AM: WG fig bars, milk PM: crackers, string cheese, water	2 AM: WG Belvita Biscuit, raisins, milk PM: trail mix, milk	3
4	5 AM: WG Berry Berry Kix, milk PM: yogurt, granola, milk	6 AM: sausage biscuit, milk PM: Cheese Its, raisins, water	7 AM: oatmeal, raisins, milk PM: veggie crisps, string cheese, water	8 AM: WG Strawberry Cream Mini Spooners, milk PM: fruit leather, pretzels, water	9 AM: pancake, berries, milk PM: apples, Goldfish, water	10
11	12 AM: WG Frosted Mini Wheat Bites, milk PM: clementine, milk	13 AM: cinnamon bread, apple butter, milk PM: cucumbers, ranch, milk	14 AM: biscuit, baked cinnamon apples, milk PM: Valentine trail mix, milk	15 AM: English muffin, jelly, milk PM: veggie crisps, string cheese, water	16 AM: pancakes, bacon, milk PM: WG Belvita Biscuit, Craisins, water	17
18	19 AM: WG Corn Chex, milk PM: celery, Wow Butter, raisins, water	20 AM: yogurt, granola, milk PM: cottage cheese, peaches, water	21 AM: waffle, bacon, milk PM: Goldfish, raisins, water	22 AM: bagel, cream cheese, milk PM: apple sauce, pretzels, water	23 AM: WG Cheerios, milk PM: yogurt smoothie, banana, water	24
25	26 AM: WG Crunchy Oat Squares, milk PM: apples, raisins, water	27 AM: French toast, sausage, milk PM: carrots, celery, ranch, water	28 AM: biscuit, cheese, milk PM: applesauce, Craisins, water			<ul style="list-style-type: none"> WG – Whole Grain