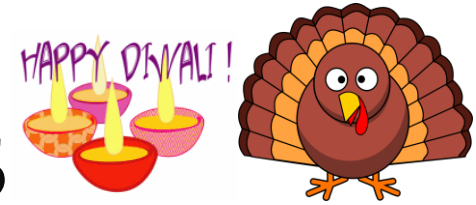




SNACK CALENDAR November 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 a.m. Grains & Vegetable/water p.m. Fruit & Protein/water	3 a.m. Fruit & Grains/water p.m. Protein /vegetable juice	4 a.m. Grains/fruit juice p.m. Vegetable & Protein/water	5 a.m. Fruit & Protein/water p.m. Vegetable & Grains/water	6 a.m. MISH MASH/juice p.m. MISH MASH/water	7
8	9 a.m. Grains & Vegetable/water p.m. Fruit & Protein/water	10 a.m. Fruit & Grains/water p.m. Protein /vegetable juice	11 a.m. Grains/fruit juice p.m. Vegetable & Protein/water	12 a.m. Fruit & Protein/water p.m. Vegetable & Grains/water	13 a.m. MISH MASH/juice p.m. MISH MASH/water	14
15	16 a.m. Grains & Vegetable/water p.m. Fruit & Protein/water	17 a.m. Fruit & Grains/water p.m. Protein /vegetable juice	18 a.m. Grains/fruit juice p.m. Vegetable & Protein/water	19 a.m. Fruit & Protein/water p.m. Vegetable & Grains/water	20 a.m. MISH MASH/juice p.m. MISH MASH/water	21
22	23 a.m. Grains & Vegetable/water p.m. Fruit & Protein/water	24 a.m. Fruit & Grains/water p.m. Protein /vegetable juice	25 a.m. Grains/fruit juice p.m. Vegetable & Protein/water	26 a.m. Fruit & Protein/water p.m. Vegetable & Grains/water	27 a.m. MISH MASH/juice p.m. MISH MASH/water	28
29	30 a.m. Grains & Vegetable/water p.m. Fruit & Protein/water	<p><i>Notes: grains will be whole grain, no added sugar; proteins may be mozzarella, cheddar, string, provolone or cheddar jack. Fruits may fresh or frozen, but frozen will be thawed before serving; proteins may be flavored; grains will be whole grain and low salt when possible; kinds will vary throughout the month. MISH MASH is our choice for the day. Fresh vegetables may/may not be served with a small amount of hummus or ranch. Juice is always 100% juice. Servings are limited.</i></p>				