

AUGUST 2014

NUTRITION: \$3.00

Drink Choices:

1% Milk
Low Fat Chocolate Milk
Orange Juice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	MEATLESS MONDAY	Eat the Rainbow!	27 Yogurt Granola Fresh Fruit	28 Cinnamon Pretzel Fresh Fruit	Chocolate Banana Smoothie w/ Granola Fresh Fruit	Choose My Plate.gov

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