

AUGUST 2014

Entrée (with whole grain) + Fruit + Vegetable + Milk or Cup for Water

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 Cheese Quesadilla Veggie Sticks Fruit	28 Chicken Tenders Garden Salad Fruit	29 Grilled Cheese Veggie Sticks Fruit	Choose My Plate.gov

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