August 23 - August 29

August 2010

	S	M	T	W	T	F	S
32	1	2	3	4	5	6	7
33	8	9	10	11	12	13	14
34	15	16	17	18	19	20	21
35	22	23	24	25	26	27	28
36	29	30	31				

September 2010

	S	M	T	W	T	F	S
36				1	2	3	4
37	5	6	7	8	9	10	11
38	12	13	14	15	16	17	18
39	19	20	21	22	23	24	25
40	26	27	28	29	30		

Monday, August 23

TODAY'S LAUNDRY: LITTLE KIDS

TODAY'S ZONE IS: PATIOS

8:00am	BREAKFAST: Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ & Milk)
9:00am 12:30pm	First Day of "School"!
10:00am	SNACK: Dried Fruit or Fruit Leather
12:30pm	LUNCH: Mac n Cheese w/ Chicken Nuggets
3:30pm	SNACK: Tortilla Rollups
6:00pm	DINNER: Chicken and Veggie Quesadillas

Tuesday, August 24

TODAY'S LAUNDRY: BIG KIDS

TODAY'S ZONE IS: GAME ROOM

8:00am	BREAKFAST: Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ & Milk)
9:00am 12:30pm	"School"
10:00am	SNACK: Chips and Dip
12:30pm	LUNCH: Pizza Rolls
3:30pm	SNACK: Smoothies
6:00pm	DINNER: Salmon Citrus Salad

Wednesday, August 25

Elle Wednesday

Katie Spurgeon (1993)

TODAY'S LAUNDRY: PARENTS

TODAY'S ZONE IS: OFFICE

8:00am	BREAKFAST: Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ & Milk)
9:00am 12:30pm	"School"
10:00am	SNACK: Trail Mix
12:30pm 1:30pm	Heritage Art Class (Sadie)
12:30pm	LUNCH: Sandwiches w/ Fruit or Deli Side Dish
3:30pm	SNACK: Cheese or PB w/ Crackers
6:00pm 8:00pm	Kid U Registration & Kickoff @ Discovery
6:00pm	DINNER: Baked Ziti (use from freezer) w/ French Bread and Salad

Thursday, August 26

TODAY'S LAUNDRY: WHITES

TODAY'S ZONE IS: KITCHEN

8:00am	BREAKFAST: Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ & Milk)
9:00am 12:30pm	"School"
10:00am	SNACK: Veggie Sticks
12:30pm	LUNCH: Ramen Noodles w/ Cheese and Fruit
3:30pm	SNACK: Yogurt Pops
6:00pm	DINNER: Hamburgers w/ oven poatoes and salad
6:30pm 7:30pm	Family Game Night

Friday, August 27

TODAY'S LAUNDRY: DIAPER CATCH-UP

TODAY'S ZONE IS: EXTRA SPACES

8:00am	BREAKFAST: Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ & Milk)
9:00am 12:30pm	"School"
10:00am	SNACK: Fruit and Yogurt
10:30am 11:30am	Heritage @ Elite Gymnastics (RSVP)
12:30pm	LUNCH: Frito Chili Pies
3:30pm	SNACK: Cheese Sticks
6:00pm	DINNER: Asian Honey Chicken (SD p34) w/ Rice

Saturday, August 28

Trip to OKC

8:00am	BREAKFAST: Sausage & Biscuits w/ Gravy
10:00am 11:00am	Lowe's Build & Grow Clinics
10:00am	SNACK:
12:30pm	LUNCH:

Sunday, August 29

Trip to OKC

Shawn Sherrill

6:00pm	DINNER: Something from the Freezer or a Deli Meal

Notes