

Tip of the month! Eat the Same Meals!

Making a special "kids menu" is unnecessary and time consuming. Don't start the habit of serving different menus for everyone as you'll end up with a house full of picky eaters and a lot of extra work in the kitchen!



# OCTOBER 2010

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	25	26	27	28	29	30