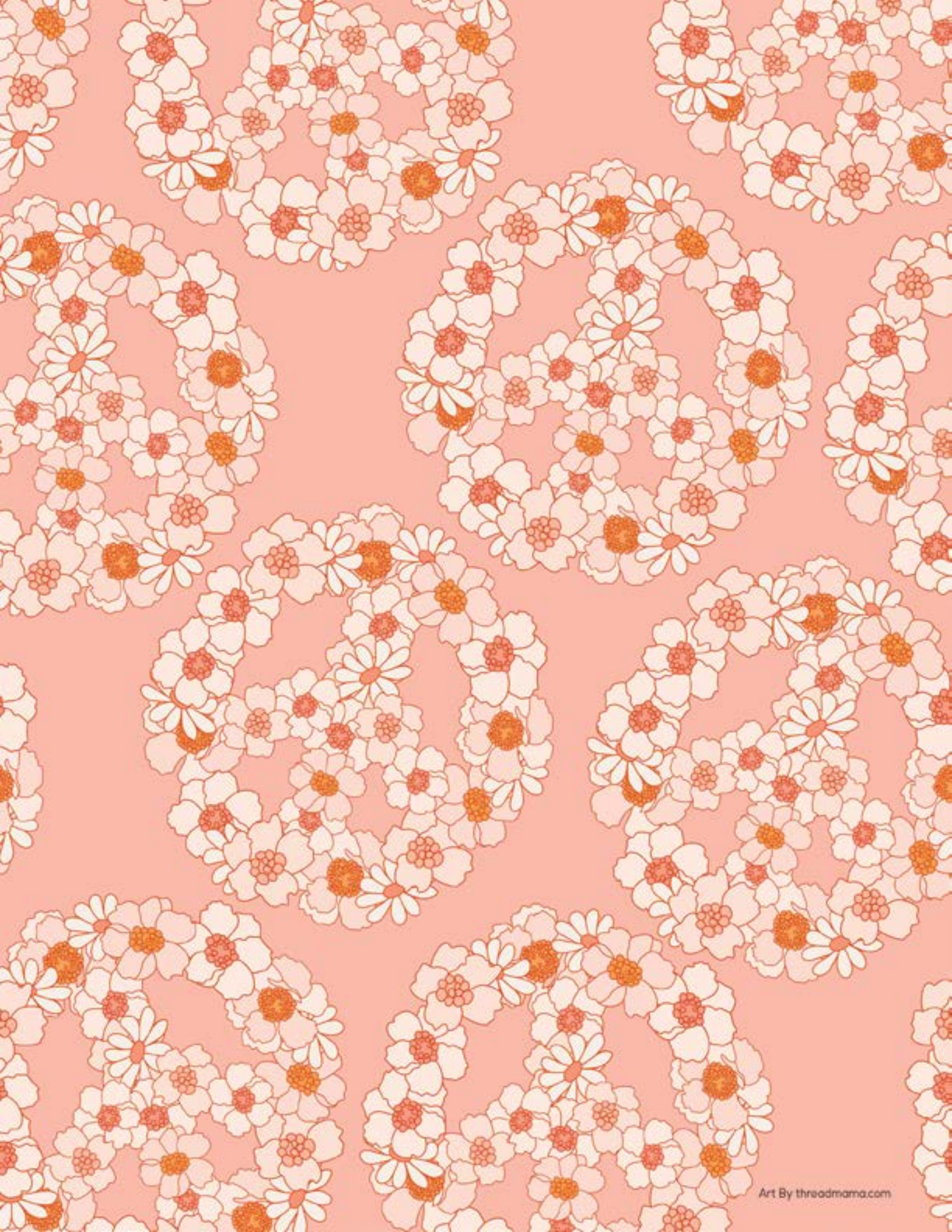




Oh,
Happy
Day



2023



Art By threadmama.com


RING
IN THE
New Year

Art By threadmama.com

[illegible]

Monday

Tuesday

1

2

3

New Year's Day

8

9

10

15

16

17

Martin Luther King Jr. Day

22

23

24

29

30

31

Wednesday

Thursday

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Weekly Meals



Week Of: _____

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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



Week Of: _____

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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Sunday	Monday	Tuesday
5	6	7
12	13	14
Daylight Saving Time		
19	20	21
	Spring Begins	
26	27	28

Wednesday	Thursday	Friday	Saturday
1	2	3	4
8	9	10	11
15	16	17 St. Patrick's Day	18
22	23	24	25
29	30	31	

Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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9	10	11
Easter		
16	17	18
23	24	25
30		

Wednesday	Thursday	Friday	Saturday
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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Sunday	Monday	Tuesday
	1	2
7	8	9
14	15	16
Mother's Day		
21	22	23
28	29	30
	Memorial Day	

Wednesday	Thursday	Friday	Saturday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Monday

Tuesday

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Father's Day

Juneteenth

25

26

27

Wednesday

Thursday

Friday

Saturday

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Summer Begins

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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals

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Sunday	Monday	Tuesday
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		Independence Day
9	10	11
16	17	18
23	24	25
30	31	

Wednesday	Thursday	Friday	Saturday
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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Sunday	Monday	Tuesday
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13	14	15
20	21	22
27	28	29

Wednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Tuesday

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Labor Day

10

11

12

17

18

19

24

25

26

Saturday

1

2

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9

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Fall Begins

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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals

Week Of: _____



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Trick
or
Treat

Sunday	Monday	Tuesday
1	2	3
8	9 Columbus/Indigenous Day	10
15	16	17
22	23	24
29	30	31 Halloween

Wednesday	Thursday	Friday	Saturday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



Week Of: _____

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Happy



Thanksgiving

Monthly Notes

Sunday	Monday	Tuesday
5	6	7
12	13	14
19	20	21
26	27	28

November 2023

Wednesday	Thursday	Friday	Saturday
1	2	3	4
8	9	10	11
15	16	17	Veterans Day
22	23	24	25
29	Thanksgiving		
	30		

Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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Weekly Meals



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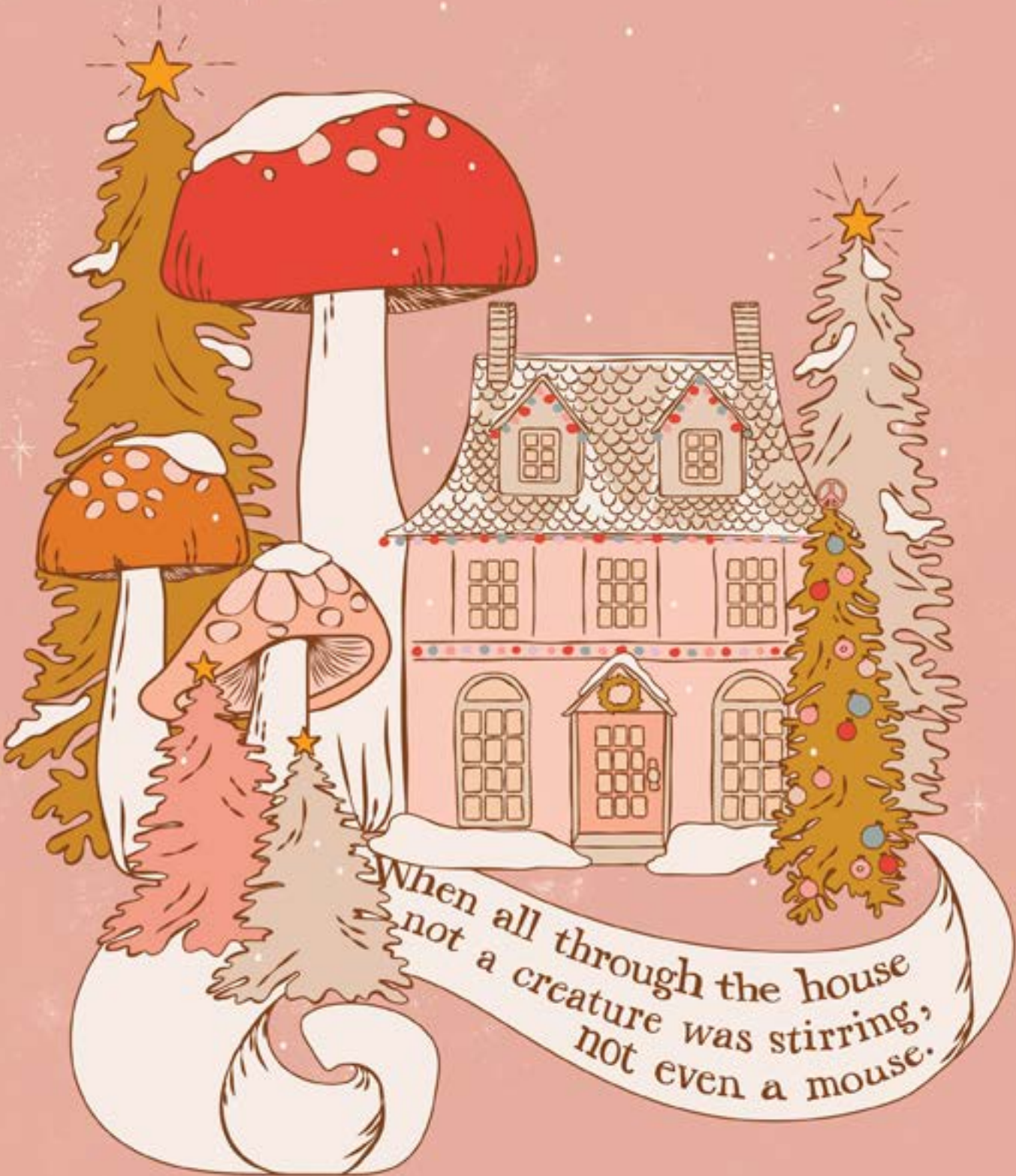
WED

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Sunday	Monday	Tuesday
3	4	5
10	11	12
17	18	19
24 Christmas Eve	25 Christmas Day	26
New Year's Eve 31		Kwanzaa

Wednesday	Thursday	Friday	Saturday
		1	2
6	7	8 Hanukkah Begins	9
13	14	15	16
20	21 Winter Begins	22	23
27	28	29	30

Weekly Meals



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Weekly Meals



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Weekly Meals



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