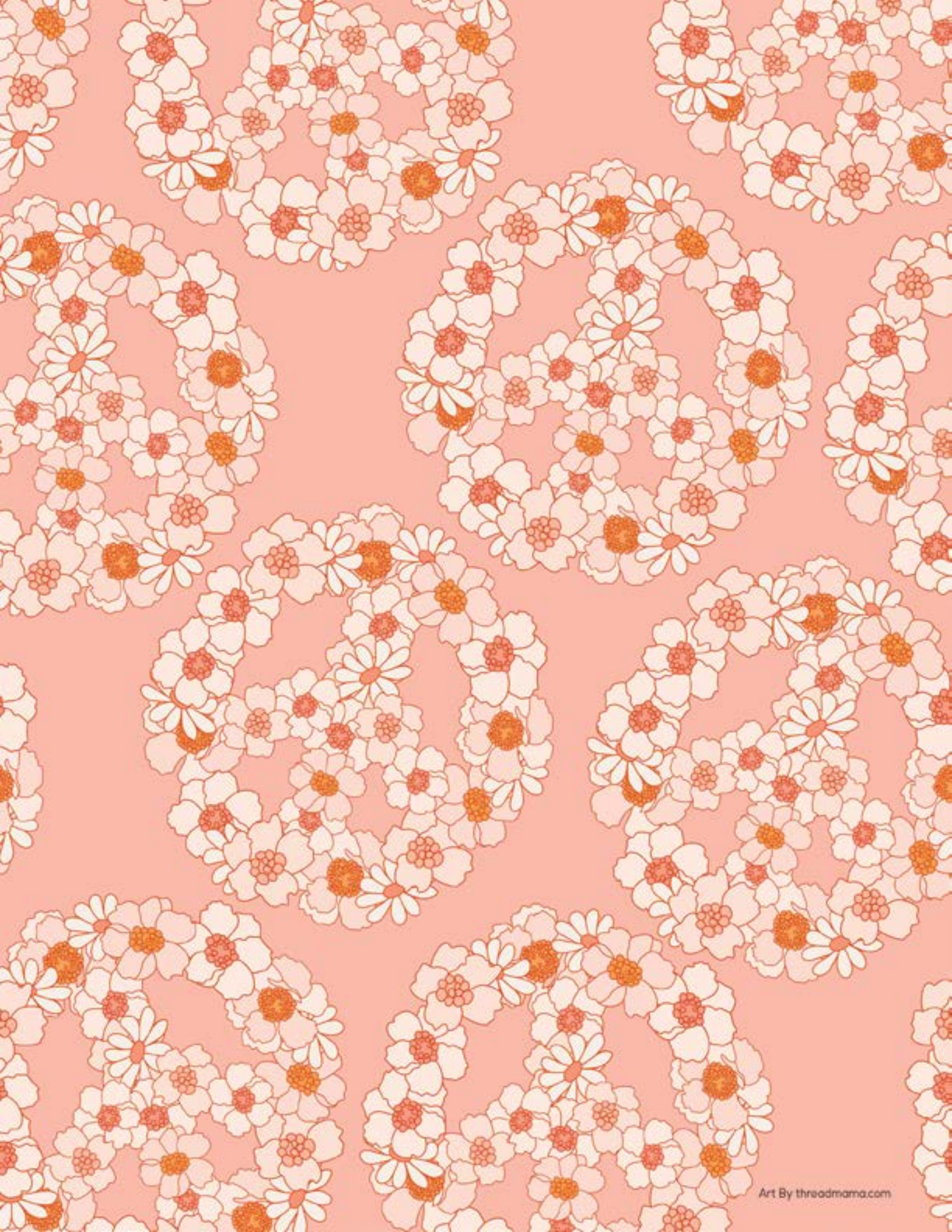




Oh,
Happy
Day



2023



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Monthly Notes

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Sunday	Monday	Tuesday
1 New Year's Day	2 	3
8 	9 	10
15 	16 Martin Luther King Jr. Day	17
22 	23 	24
29 	30 	31

January 2023

Wednesday

Thursday

Friday

Saturday

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

Weekly Meals



Week Of: _____

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Weekly Meals



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

Valentine's Day

Presidents' Day

February 2023

Wednesday

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Friday

Saturday

1	2 Groundhog Day	3	4
8	9	10	11
15	16	17	18
22	23	24	25

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

March 2023

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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Sunday	Monday	Tuesday
2	3	4
9	10	11
Easter		
16	17	18
23	24	25
30		

April 2023

Wednesday

Thursday

Friday

Saturday

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

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	

May 2023

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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Sunday	Monday	Tuesday
4	5	6
11	12	13
18	19	20
Father's Day	Juneteenth	
25	26	27

June 2023

Wednesday

Thursday

Friday

Saturday

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
Summer Begins			
28	29	30	

Weekly Meals



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Weekly Meals



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Sunday	Monday	Tuesday
2	3	4
		Independence Day
9	10	11
16	17	18
23	24	25
30	31	

July 2023

Wednesday

Thursday

Friday

Saturday

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

Weekly Meals



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Sunday	Monday	Tuesday
		1
6	7	8
13	14	15
20	21	22
27	28	29

August 2023

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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Sunday	Monday	Tuesday
3	4	5
	Labor Day	
10	11	12
17	18	19
24	25	26

September 2023

Wednesday

Thursday

Friday

Saturday

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

Fall Begins

Weekly Meals



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Weekly Meals



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Weekly Meals



Week Of: _____

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The background is a black and white checkerboard pattern. Overlaid on this are several orange and pink flowers of various sizes, some with yellow centers. There are also several jack-o'-lanterns with carved faces, some of which are lit up. Small orange stars are scattered throughout the design.

Trick or Treat

Monthly Notes

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

October 2023

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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Happy



Thanksgiving

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

November 2023

Wednesday	Thursday	Friday	Saturday
1	2	3	4
8	9	10	11 Veterans Day
15	16	17	18
22	23 Thanksgiving	24	25
29	30		

Weekly Meals



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Weekly Meals



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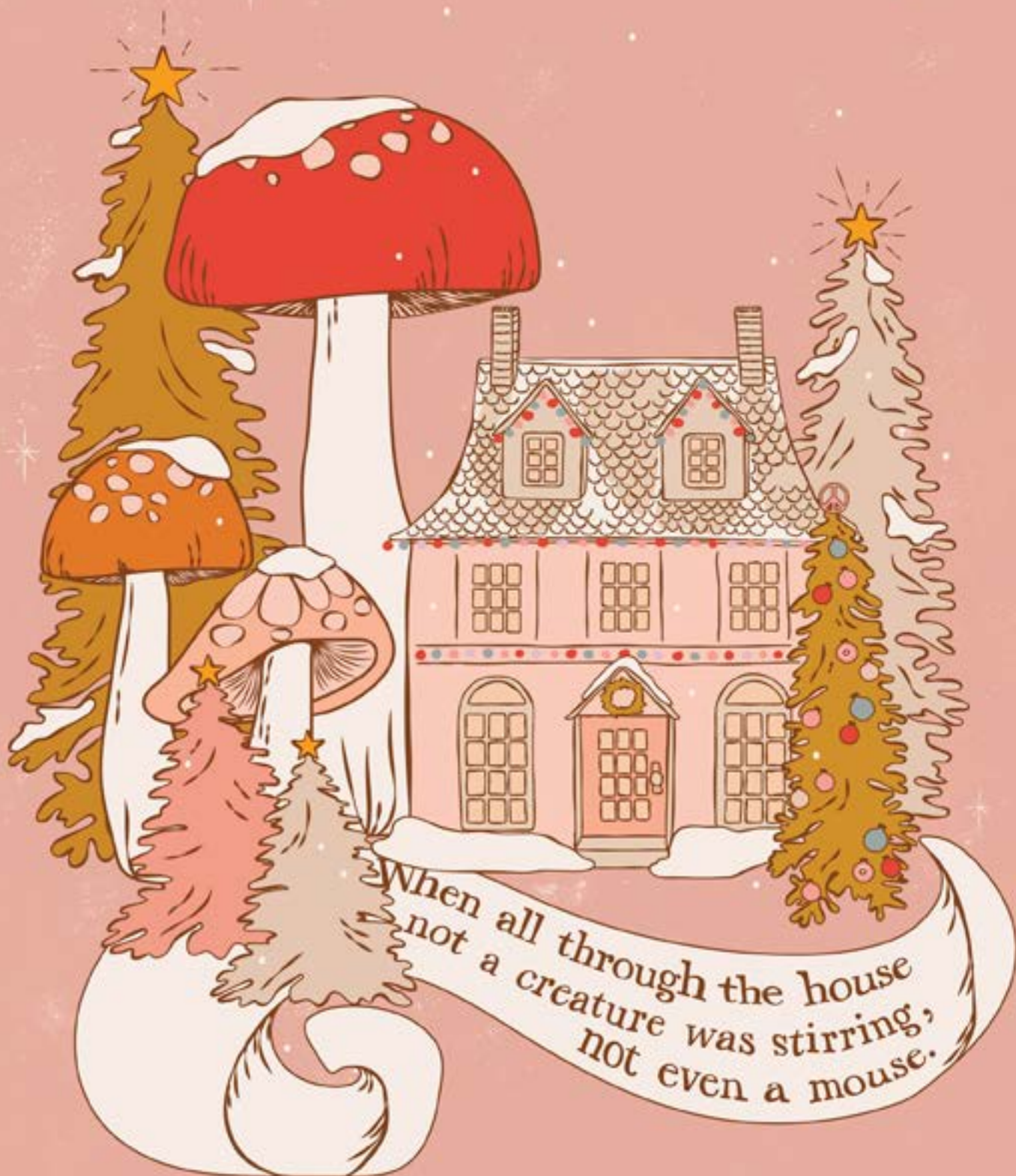
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Sunday	Monday	Tuesday
3	4	5
10	11	12
17	18	19
24 Christmas Eve	25 Christmas Day	26
New Year's Eve 31		Kwanzaa

December 2023

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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