## DECEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grains Protein Duity Fruits Wegetables  Choose My Plate.gov				4
7	8	9	10	(11)
(14)	(15)	16	(17)	18
(21)	(22)	(23)	(24)	25
28	29	30	(31)	
	HARVEST OF THE MO	NTH AUSPLES		TAHER