

PB & JAM

Strawberries, Vanilla Almond Milk,
Peanut Butter, Rolled Oats
& Vanilla Protein



PROGRAM: KIDS' COLORING

We have, available on our Member's Club, coloring sheets that you can download and print off for kids whose parents are exercising. They contain kid-friendly nutrition information that will start them off right and help remind parents that they need post-workout recovery. It's OK if the adults want to color too!

SEPTEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>AUGUST 2020</small> <small>S M T W T F S</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	<small>OCTOBER 2020</small> <small>S M T W T F S</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		SAMPLE PB & JAM			
		SEE THE PROTOCOL 1	2	3	4	5
CLEAN FILTER & ICE MAKER DEEP CLEAN S&S BAR 6	LABOR DAY — PFC CLOSED — 7	SAMPLE TRAINER'S SHAKE 8	9	10	11	12
DEEP CLEAN S&S BAR 13	14	15	16	SAMPLE PB & JAM 17	ROSH HASHANAH BEGINS AT SUNDOWN 18	19
DEEP CLEAN S&S BAR 20	21	FIRST DAY OF AUTUMN 22	23	24	SAMPLE TRAINER'S SHAKE 25	26
YOM KIPPUR BEGINS AT SUNDOWN DEEP CLEAN S&S BAR 27	SAMPLE PB & JAM 28	29	30			

OPERATIONS TIP

To deep clean your Shake & Smoothie Bar, completely remove anything that isn't nailed down and thoroughly clean floors, cabinets, counter tops, appliances and equipment. Check your calendar — this should be done once a week, and we've marked it for you!



PERFORMANCE
Food Centers

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