

Weekly Menu Meal Plan
Week 1

2015

Monday

Breakfast- 3/4 cup Cold cereal/banana/milk
Snack Apple slices/crackers/milk
Lunch- Tuna casserole/carrots/fruit/milk
Snack- Homemade nachos with shredded cheese /tomato salsa /water

Tuesday-

Breakfast w/w pancakes/blueberries/milk
Snack- 1/2 bagel with cream cheese/ grapes/milk
Lunch- Meatball subs,/roasted potatoes /fruit/milk
Snack- Bananas/graham wafers/peanut butter/water

Wednesday

Breakfast- Scrambled egg/w/w toast & jam/apples/milk
Snack- Trail mix/strawberries/milk
Lunch- Chicken quesadillas/garden salad/fruit/milk
Snack- Assorted Veggies & dip/bread sticks /water

Thursday

Breakfast- w/w toast /fresh fruit salad/milk
Snack- Bananas/ homemade granola bars/milk
Lunch- Meat loaf/green beans /rice/fruit/milk
Snack- Rice Cakes & PB/apple slices /water

Friday

Breakfast- Oatmeal /apples/milk
Snack- Sunny Orange banana shake /w/w crackers(yogurt & milk in shake)
Lunch- Baked Ham & spaghetti/broccoli /fruit/milk
Snack - Carrot muffins /apple sauce /water

Weekly Menu Meal Plan
Week2

2015

Monday

Breakfast- 3/4 cup Cold cereal/1/2 cup fruit/milk
Snack Pumpkin muffins/apple sauce/milk
Lunch- Homemade chicken fingers/egg noodles /peas &carrots/fruit/milk
Snack- Spinach dip /crackers & veggies /water

Tuesday-

Breakfast w/w pancakes/fruit /milk
Snack- 1/2 English muffin & jam /milk
Lunch- Chili & w/w buns with butter/pickles /fruit/milk
Snack- Fruit salad/Bran muffins/water

Wednesday

Breakfast- w/w toast & PB /orange slices/milk
Snack- Pine Apple chunks/homemade granola balls/milk
Lunch- Homemade fish fillets/campfire potatoes/peas/fruit/milk
Snack- Blueberry banana bread/cheese /water

Thursday

Breakfast- Hard boiled eggs/ fresh fruit/milk
Snack- 1/2 cup fresh squeezed orange juice/dry cheerios or shreddiees
Lunch- Mac & cheese and beef casserole /garden salad/fruit/milk
Snack- Greek fruit yogurt dip /apple slices /water

Friday

Breakfast- Yogurt /fruit /1/2 bagel/milk Snap
Snack- peas /w/w crackers/ milk chickpea
Lunch- and veg stew /fruit/milk Pita chips
Snack- /hummus/grapes/water

Weekly Menu Meal Plan
Week3

2015

Monday

Breakfast- w/w toast/1/2 cup fruit/milk
Snack Oranges/rice cakes/milk
Lunch- Tuna melts/Caesar salad/fruit/milk
Snack- Oatmeal raisin cookies/apple slices/water

Tuesday-

Breakfast w/w toast/scrambled or poached eggs /milk
Snack- Homemade granola balls/bananas /milk
Lunch- Hamburger and veg soup /grilled cheese sands/fruit/milk
Snack- Carrots& celery/ cheese dip/water

Wednesday

Breakfast- Oatmeal /fruit/milk
Snack- Mixed fruit muff'ns/milk
Lunch- Broiled ham steaks /scalloped potatoes /carrots/fruit/milk
Snack- Melon /cheese /water

Thursday

Breakfast- Cold cereal/ fresh fruit/milk
Snack- X cup fresh fruit/ yogurt/ milk
Lunch- Cabbage rolls casserole /creamed peas/w/w buns/fruit/milk
Snack- Veggies/cheese/crackers /water

Friday

Breakfast- Oatmeal Pancakes/blueberries/milk
Snack- Banana bread/ raisins/ milk
Lunch- chicken parmesan with linguini noodles tosses salad/ fruit/milk
Snack- Frozen yogurt/berries/croissants

Weekly Menu Meal Plan
Week4

2015

Monday

Breakfast- w/w toast/scrambled egg/banana/milk
Snack Fruit salad/ shreddies /milk
Lunch- Chicken fried rice/broccoli/fruit/milk
Snack- Trail mix/melon slices/water

Tuesday-

Breakfast Crepes/fruit /milk
Snack- w/w crackers/kiwi /milk
Lunch- Spaghetti & meatballs/w/w garlic toast/fruit/milk
Snack- Apples/ peanut butter/pretzels /water

Wednesday

Breakfast- W/W toast /fruit/milk
Snack- grapefruit /English muffins/milk
Lunch- Beef veg soup /toasted pita chips/fruit / milk
Snack- Veggie sticks /cheese /water

Thursday

Breakfast- Oatmeal/ fresh fruit/milk
Snack- cup fresh fruit smoothie/ crackers / milk
Lunch- Chicken corn chowder/w/w buns/fruit/milk
Snack- Tuna salad on crackers/cucumbers /water

Friday

Breakfast- Cereal/fruit/milk
Snack- Banana muffins/ grapes/ milk
Lunch- Baked Pork chops/mashed potatoes/tosses salad/ fruit/milk
Snack- Bagel & jam/ fruit / cheese /water