Weekly Menu for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast*(serve w/fruit)* | Oatmeal | Smoothies& Muffins | Eggs + Toast*(rotate boiled/scrambled)* | Cream of Rice/Wheat | Pancakes | GreenSmoothies*(Donuts or Cinnamon Rolls)* | Hodge Podge*Yogurt**& Biscuits**or**Oatmeal* |
| Snack | Think “Fruit + Carb/Protein” or “Fruit/Dairy/Grains”*Our Favorite Fruits = apples, bananas, grapes, pineapples, oranges, kiwi, canteloupe, watermelon, lemons, plums, cherries**apples & pb, applesauce, yogurt, cheese & crackers, toast, graham crackers, canned fruit, granola bars,nilla wafers, string cheese* |
| Lunch | Sandwiches | Hot Lunch | L/OMeatlessSoup | Easy Pasta | Fun Friday | SandwichesorJessica’s Choice | Beef |
| Snack*(keep kids hungry for dinner)* | Think “Veggies First”*veggies (broccoli, cauliflower, snap peas, cherry tomatoes, carrots, bell peppers) w/ranch, guacamole + chips, bean dip, cheese & crackers, celery & pb, popcorn, nuts* |
| Dinner*(Desserts = pudding, fruit,)* | CrockpotChickenEasy | Fish | L/OMeatless | ChickenorTurkey | Fried FoodOrPizza | CrockpotSoup | Sandwiches |
| Notes | Cpn Run – AMWW Mtg | Make Bread | Menu PlanBaby Food | Kariss CooksCox FarmsWMT - AM |  | Kariss - Crock | Weekly MtgCut Cpns |

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast*(serve w/fruit)* |  |  |  |  |  |  |  |
| Snack*(Fruit/Dairy/Grain)* |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack*(keep kids hungry for dinner)* |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Notes |  |  |  |  |  |  |  |