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 | Green  Smoothies  *(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/O  Meatless  Soup | Easy Pasta | Fun Friday | Sandwiches  or  Jessica’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,)* | Crockpot  Chicken  Easy | Fish | L/O  Meatless | Chicken  or  Turkey | Fried Food  Or  Pizza | Crockpot  Soup | Sandwiches |
| Notes | Cpn Run – AM  WW Mtg | Make Bread | Menu Plan  Baby Food | Kariss Cooks  Cox Farms  WMT - AM |  | Kariss - Crock | Weekly Mtg  Cut 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 |  |  |  |  |  |  |  |