

Example Menu

Menu for Chrystal Evans Hurst | July 14-20

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Breakfast (serve with fruit)

Oatmeal	Smoothies & Muffins	Eggs & Toast <i>(rotate boiled/scrambled)</i>	Cream of Rice/Wheat	Pancakes	Green Smoothies <i>(Donuts or Cinnamon Rolls)</i>	Hodge Podge <i>(Yogurt & Biscuits or Oatmeal)</i>
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Snack (Fruit/Dairy/Grain)

Think "Fruit + Carb/Protein" or "Fruit/Dairy/Grains" <i>Fruits</i> – apples, bananas, grapes, pineapples, oranges, kiwi, canteloupe, watermelon, lemons, plums, cherries <i>Snacks</i> – apples & pb, applesauce, yogurt, cheese & crackers, toast, graham crackers, canned fruit, granola bars						
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Lunch

Sandwiches	Hot Lunch	L/O Meatless Soup	Easy Pasta	Fun Friday	Sandwiches	Beef
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Snack (keep kids hungry for dinner)

Think "Veggies First" <i>Veggies</i> – broccoli, cauliflower, snap peas, cherry tomatoes, carrots, bell peppers <i>Dips</i> – ranch, guacamole + chips, bean dip, cheese & crackers, celery & pb, popcorn, nuts						
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Dinner (Desserts pudding, fruit)

Crockpot Chicken	Fish	L/O Meatless	Chicken or Turkey	Fried Food or Pizza	Crockpot Soup	Sandwiches
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Notes

Cpn Run – AM	Make Bread	Menu Plan Baby Food	Daughter Cooks		Daughter Cooks Crockpot	Weekly Family Meeting
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