

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast <i>(serve w/fruit)</i>	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 Yogurt & Biscuits or Oatmeal
Snack	Think "Fruit + Carb/Protein" or "Fruit/Dairy/Grains" <i>Our Favorite Fruits = apples, bananas, grapes, pineapples, oranges, kiwi, canteloupe, watermelon, lemons, plums, cherries                      apples &amp; pb, applesauce, yogurt, cheese &amp; crackers, toast, graham crackers, canned fruit, granola bars, nilla wafers, string cheese</i>						
Lunch	Sandwiches	Hot Lunch	L/O Meatless Soup	Easy Pasta	Fun Friday	Sandwiches or Jessica's Choice	Beef
Snack <i>(keep kids hungry for dinner)</i>	Think "Veggies First" <i>veggies (broccoli, cauliflower, snap peas, cherry tomatoes, carrots, bell peppers) w/ranch, guacamole + chips, bean dip, cheese &amp; crackers, celery &amp; pb, popcorn, nuts</i>						
Dinner <i>(Desserts = pudding, fruit,)</i>	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	Cox Farms WMT - AM			Weekly Mtg Cut Cpens

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Dinner							
Notes							

Monthly Dinner Menu Plan for \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Notes							