

WEEKLY MEAL PLANNER



	BREAKFAST	SNACK	LUNCH	SNACK
MONDAY	Cream of Wheat, Turkey Sausage, Egg, Strawberries & Milk	Apple Slices w/ Peanut butter	Spaghetti w/ Meat Sauce, Tropical Fruit, Yogurt & Milk	Cheese Cubes, Crackers & Milk
TUESDAY	Pancake, Egg, Turkey Bacon, Banana & Milk	Tropical Fruit & Cheese Kababs	Fish Filet, Mixed Veggies, Peaches, Yogurt & Milk	Gold Fish Crackers & Raisins
WEDNESDAY	Blueberry Toast, Turkey Sausage, Egg, Cantaloupe & Milk	Fresh Veggies & Dip	Chicken Breast Strips, Wheat Bread, String Beans, Berries & Milk	Pretzels & Hummus
THURSDAY	Oatmeal, Veggie Patty, Apple Slices, Yogurt & Milk	Peanut Butter & Crackers	Cheeseburger, Sweet Potato Fries, Mangos & Milk	Cheese Stick & Deli Meat
FRIDAY	Banana Muffin, Egg, Orange Slices & Milk	Hummus & Crackers	Stuffed Bell Peppers w/ Turkey and Rice, Peaches & Milk	Tropical Fruit Blend
SATURDAY	NA	Apple Slices w/ Yogurt	Grilled Cheese, Tomato Soup, Banana & Milk	NA