

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Rice Chex Pears Milk	Turkey & Cheese Sandwich Mixed Vegetables & Peaches Milk	Pretzels Grapes Water
TUESDAY	Whole Wheat Pancakes Applesauce Milk	Cheese Ravoli with Turkey Meatballs Green Beans & Spinach Salad Milk	Goldfish Strawberries Water
WEDNESDAY	Life Pineapple Milk	HM Taco Pie (gr turkey, crescent rolls, sour cream, & doritos) Pears & Cucumbers Milk	Graham Crackers Apple Slices Water
THURSDAY	Whole Wheat Waffles Oranges Milk	HM Chicken Nuggets W/Roll Watermelon Carrots Milk	Crackers Peaches Water
FRIDAY	Cheerios Mixed Fruit Milk	Pizza w/extra cheese & chicken Banana Cucumbers Milk	Chex Mix Cantaloupe Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 2

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheerios Banana Milk	Turkey Hot Dog w/roll Peas Cantaloupe Milk	Crackers Colby-jack cheese stick Water
TUESDAY	Whole grain bagel Peaches Milk	HM Beefaroni (ground turkey) Spinach Salad & Mixed Fruit Milk	Wheat Thins Cantaloupe Water
WEDNESDAY	Rice Chex Pears Milk	Chicken Sandwich on WW Bread Cucumbers Watermelon Milk	Goldfish Apple slices Water
THURSDAY	Whole Wheat Waffles Pineapple Milk	Meatloaf w/roll (ground turkey) Green Beans Strawberries Milk	Cheez-Its Grapes Water
FRIDAY	Life Oranges Milk	Taco salad (ground turkey, doritos, cheese) Lettuce, tomatoes Corn Milk	Pretzels Baby carrots Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 3

	BREAKFAST	LUNCH	SNACK
MONDAY	Rice Chex Peaches Milk	Chicken & Cheese Quesadillas Salsa & sour cream Cucumbers Milk	Goldfish Apple Slices Water
TUESDAY	WW toast Mixed Fruit Milk	Pasta w/meat sauce (ground turkey) Cooked carrots Spinach salad Milk	Chex Mix Watermelon Water
WEDNESDAY	Cheerios Oranges Milk	Baked chicken breast w/roll Cantaloupe Green beans Milk	Pretzels Pineapple Water
THURSDAY	Life Banana Milk	HM Taco Pie (turkey, crescent rolls, Doritos) Grapes & corn Milk	Wheat Thins Pears Water
FRIDAY	WW Pancakes Peaches Milk	Grilled cheese & turkey ham Mixed vegetables Pineapple Milk	Graham Crackers Cantaloupe Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 4

	BREAKFAST	LUNCH	SNACK
MONDAY	Life Oranges Milk	Turkey Enchiladas (WW tortillas) Corn & Spinach Salad Milk	Wheat Thins Banana Water
TUESDAY	Cheerios Mixed Fruit Milk	Oven Roasted Chicken w/ WW Roll Green Beans & Peaches Milk	Cheese stick Crackers Water
WEDNESDAY	Whole Wheat Pancakes Pears Milk	HM Cheeseburger Pie (ground turkey, cheese, crescent rolls) Corn & Pineapple Milk	Goldfish Cantaloupe Water
THURSDAY	Rice Chex Banana Milk	Pasta with meat sauce (ground turkey) Watermelon & Carrots Milk	Graham Crackers Oranges Water
FRIDAY	Whole grain Bagel Pineapple Milk	Turkey & cheese on WW bread Spinach Salad Applesauce Milk	Pretzels Strawberries Water

Weekly Meal Planner 5

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheerios Oranges Milk	Turkey Hotdog w/WW roll Carrots & Peaches Milk	Wheat Thins Pears Water
TUESDAY	Whole wheat waffles Banana Milk	WW Spaghetti Pie w/turkey & cheese Mixed Veggies & Pears Milk	Pretzels Cantaloupe Water
WEDNESDAY	Rice Chex Pineapple Milk	Whole Wheat Pancakes Turkey Sausage Watermelon & Cucumbers Milk	Crackers Cheese stick Water
THURSDAY	Whole grain bagel Peaches Milk	HM chicken noddle casserole (chicken breast, pasta, mixed veggies) Apples Milk	Pears Graham Crackers Water
FRIDAY	Life Mixed Fruit Milk	Chicken & cheese on WW bread Spinach Salad Watermelon Milk	Goldfish Strawberries Water