

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Life Pears Milk	Turkey & Cheese Sandwich Mixed Vegetables & Banana Milk	Pretzels Mixed Fruit Water
TUESDAY	Whole Wheat Pancakes Applesauce Milk	Cheese Ravoli with Meat Sauce (w/extra ground turkey) Green Beans & Spinach Salad Milk	Goldfish Carrots Water
WEDNESDAY	Rice Chex Pineapple Milk	HM Taco Pie (gr turkey, crescent rolls, sour cream, cheese & doritos) Pears & Cucumbers Milk	Graham Crackers Apples slices Water
THURSDAY	Whole Wheat Waffles Peaches Milk	Pizza w/Extra Cheese & Chicken Applesauce Carrots Milk	Crackers Mixed Fruit Milk
FRIDAY	Cheerios Banana Milk	HM Chicken Nuggets W/Roll Oranges Cucumbers Milk	Chex Mix Grapes 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 Peaches Milk	Crackers Carrots Water
TUESDAY	Whole Wheat Bagel Pears Milk	HM Beefaroni (w/extra ground turkey) Spinach Salad & Mixed Fruit Milk	Wheat Thins Apple Slices Water
WEDNESDAY	Rice Chex Oranges Milk	Chicken Sandwich on WW Bread Cucumbers Pears Milk	Goldfish Banana Water
THURSDAY	Whole Wheat Waffles Pears Milk	Meatloaf w/roll (ground turkey) Green Beans Peaches Milk	Cheeze-Its Grapes Water
FRIDAY	Life Cereal Banana Milk	Taco salad (ground turkey, cheese, Doritos) Lettuce, tomatoes Corn Milk	Pretzels Pineapple 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 Pears Water
TUESDAY	WW toast Oranges Milk	Pasta & Turkey Meatballs cooked carrots Spinach salad Milk	Crackers Cucumbers Water
WEDNESDAY	Cheerios Banana Milk	Baked chicken breast w/roll Pineapple green beans Milk	Pretzels Grapes Water
THURSDAY	Life Cereal Peaches Milk	HM Taco Pie (turkey, crescent rolls, sour cream, Doritos) Mixed fruit Corn Milk	Wheat Thins Banana Water
FRIDAY	WW Pancakes Pears Milk	Grilled cheese & turkey ham Mixed vegetables Pineapple Milk	Cheez Its Apple Slices Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 4

	BREAKFAST	LUNCH	SNACK
MONDAY	Rice Chex Oranges Milk	Turkey Enchiladas (WW tortillas) Corn & Spinach Salad Milk	Goldfish Pears Water
TUESDAY	Cheerios Peaches Milk	Oven Roasted Chicken w/ WW Roll Green Beans & Mixed Fruit Milk	Cheese stick Crackers Water
WEDNESDAY	Whole Wheat Pancakes Pears Milk	HM cheeseburger pie (ground turkey, cheese, crescent rolls) Corn & Cucumber Milk	Wheat Thins Banana Water
THURSDAY	Life cereal Pineapple Milk	Turkey and Cheese on Whole Wheat Pears & Mixed Veggies Milk	Graham Crackers Grapes Water
FRIDAY	Whole Wheat Bagels Banana Milk	Pasta w/Meat Sauce (ex ground turkey) Spinach Salad Applesauce Milk	Pretzels Apple Slices Water

Weekly Meal Planner 5

	BREAKFAST	LUNCH	SNACK
MONDAY	Rice Chex Pears Milk	Turkey Hotdog w/WW roll Carrots & Applesauce Milk	Wheat Thins Cucumbers Water
TUESDAY	Whole wheat waffles Banana Milk	Chicken & cheese sandwich Mixed Veggies & Peaches Milk	Pretzels Apple Slices Water
WEDNESDAY	Cheerios Pineapple Milk	Whole Wheat Pancakes Turkey Sausage Mixed Fruit & Cucumbers Milk	Goldfish Banana Water
THURSDAY	Whole grain bagel Pears Milk	HM chicken noddle casserole (chicken breast, pasta, mixed veggies, cream of chicken soup) apples Milk	Crackers Cheese Stick Water
FRIDAY	Life Cereal Banana Milk	WW Spaghetti Pie w/turkey & cheese Spinach Salad Mixed Fruit Milk	Cheez Its Oranges Water