

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Chex Pears Milk	Turkey & Cheese Sandwich Mixed Vegetables & Peaches Milk	Pretzels Grapes Water
TUESDAY	Cheerios Peaches Milk	Cheese Ravoli w/meat sauce 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 Banana Water
THURSDAY	Chex 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	Wheat Thins Cantaloupe Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 2

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheerios Apple slices Milk	Turkey Hot Dog w/roll Peas Cantaloupe Milk	Crackers Colby-jack cheese stick Water
TUESDAY	Life 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 Banana Water
THURSDAY	Cherrios 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	Life Mixed Fruit Milk	Pasta w/meat sauce (ground turkey) Cooked carrots Spinach salad Milk	Crackers Watermelon Water
WEDNESDAY	Cheerios Oranges Milk	Baked chicken breast w/roll Cantaloupe Green beans Milk	Pretzels Pineapple Water
THURSDAY	Chex Pears Milk	HM Taco Pie (turkey, crescent rolls, Doritos) Grapes & corn Milk	Wheat Thins Banana Water
FRIDAY	Life 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	Chex Pears Milk	HM Cheeseburger Pie (ground turkey, cheese, crescent rolls) Corn & Pineapple Milk	Goldfish Cantaloupe Water
THURSDAY	Life Oranges Milk	Pasta with meat sauce (ground turkey) Watermelon & Carrots Milk	Graham Crackers Banana Water
FRIDAY	Cheerios Pineapple Milk	Turkey & cheese on WW bread Spinach Salad Grapes 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	Life Pears Milk	WW Spaghetti Pie w/turkey & cheese Mixed Veggies & Banana Milk	Pretzels Cantaloupe Water
WEDNESDAY	Chex Pineapple Milk	Whole Wheat Pancakes Turkey Sausage Watermelon & Cucumbers Milk	Crackers Cheese stick Water
THURSDAY	Cheerios Peaches Milk	HM chicken noddle casserole (chicken breast, pasta, mixed veggies) Apples Milk	Graham Crackers Grapes Water
FRIDAY	Life Mixed Fruit Milk	Chicken & cheese on WW bread Spinach Salad Watermelon Milk	Goldfish Strawberries Water