

# Weekly Meal Planner 1

|           | BREAKFAST                              | LUNCH  | SNACK                             |
|-----------|--|--|-----------------------------------|
| MONDAY    | Berry Berry Kix<br>Pears<br>Milk       | Turkey & Cheese Sandwich<br>Mixed Vegetables & Banana<br>Milk  | Pretzels<br>Mixed Fruit<br>Water  |
| TUESDAY   | Cheerios<br>Blueberries<br>Milk        | Cheese Ravoli with Meat Sauce<br>(w/extra ground turkey)<br>Green Beans & Spinach Salad<br>Milk        | Goldfish<br>Stawberries<br>Water  |
| WEDNESDAY | Rice Chex<br>Pineapple<br>Milk         | HM Taco Pie (gr turkey, crescent rolls,<br>sour cream, cheese & doritos)<br>Apples & Cucumbers<br>Milk | Graham Crackers<br>Pears<br>Water |
| THURSDAY  | Berry Berry Kix<br>Mixed Fruit<br>Milk | Pizza w/Extra Cheese & Chicken<br>Applesauce<br>Carrots<br>Milk  | Crackers<br>Peaches<br>Milk       |
| FRIDAY    | Cheerios<br>Oranges<br>Milk            | HM Chicken Nuggets W/Roll<br>Banana<br>Cucumbers<br>Milk   | Chex Mix<br>Grapes<br>Water       |

\*All meals prepared daily

\*\*All meals served with appropriate condiments

# Weekly Meal Planner 2

|           | BREAKFAST                            | LUNCH   | SNACK                               |
|-----------|--------------------------------------|---|-------------------------------------|
| MONDAY    | Cheerios<br>Peaches<br>Milk          | Turkey Hot Dog w/roll<br>Peas<br>Banana<br>Milk                                     | Crackers<br>Carrots<br>Water        |
| TUESDAY   | Berry Berry Kix<br>Pears<br>Milk     | HM Beefaroni (w/extra ground turkey)<br>Spinach Salad & Apples<br>Milk              | Wheat Thins<br>Mixed Fruit<br>Water |
| WEDNESDAY | Rice Chex<br>Oranges<br>Milk         | Chicken Sandwich on WW Bread<br>Cucumbers<br>Banana<br>Milk                         | Goldfish<br>Pears<br>Water          |
| THURSDAY  | Cheerios<br>Blueberries<br>Milk      | Meatloaf w/roll (ground turkey)<br>Green Beans<br>Apples<br>Milk                    | Cheez-Its<br>Grapes<br>Water        |
| FRIDAY    | Berry Berry Kix<br>Pineapple<br>Milk | Taco salad (ground turkey, cheese,<br>Doritos)<br>Lettuce, tomatoes<br>Corn<br>Milk | Pretzels<br>Strawberries<br>Water   |

\*All meals prepared daily

\*\*All meals served with appropriate condiments

# Weekly Meal Planner 3

|           | BREAKFAST                          | LUNCH  | SNACK                               |
|-----------|------------------------------------|--|-------------------------------------|
| MONDAY    | Rice Chex<br>Blueberries<br>Milk   | Chicken & Cheese Quesadillas<br>Salsa & sour cream<br>Cucumbers<br>Milk                | Goldfish<br>Pears<br>Water          |
| TUESDAY   | Berry Berry Kix<br>Oranges<br>Milk | Pasta & Turkey Meatballs<br>cooked carrots<br>Spinach salad<br>Milk                    | Crackers<br>Cucumbers<br>Water      |
| WEDNESDAY | Cheerios<br>Pineapple<br>Milk      | Baked chicken breast w/roll<br>Strawberries<br>green beans<br>Milk                     | Pretzels<br>Grapes<br>Water         |
| THURSDAY  | Berry Berry Kix<br>Peaches<br>Milk | HM Taco Pie (turkey, crescent rolls, sour<br>cream, Doritos)<br>Banana<br>Corn<br>Milk | Wheat Thins<br>Mixed fruit<br>Water |
| FRIDAY    | Rice Chex<br>Pears<br>Milk         | Grilled cheese & turkey ham<br>Mixed vegetables<br>Apple slices<br>Milk                | Cheez Its<br>Pineapple<br>Water     |

\*All meals prepared daily

\*\*All meals served with appropriate condiments

# Weekly Meal Planner 4

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

# Weekly Meal Planner 5

|           | BREAKFAST                          | LUNCH   | SNACK                              |
|-----------|------------------------------------|---|------------------------------------|
| MONDAY    | Rice Chex<br>Pears<br>Milk         | Turkey Hotdog w/WW roll<br>Carrots & Applesauce<br>Milk   | Wheat Thins<br>Cucumbers<br>Water  |
| TUESDAY   | Berry Berry Kix<br>Peaches<br>Milk | Chicken & cheese sandwich<br>Mixed Veggies & Banana<br>Milk   | Pretzels<br>Carrots<br>Water       |
| WEDNESDAY | Cheerios<br>Pineapple<br>Milk      | Whole Wheat Pancakes<br>Turkey Sausage<br>Mixed Fruit & Cucumbers<br>Milk   | Goldfish<br>Grapes<br>Water        |
| THURSDAY  | Rice Chex<br>Blueberries<br>Milk   | HM chicken noddle casserole (chicken<br>breast, pasta, mixed veggies, cream of<br>chicken soup)<br>Apples<br>Milk | Crackers<br>Cheese Stick<br>Water  |
| FRIDAY    | Berry Berry Kix<br>Oranges<br>Milk | WW Spaghetti Pie w/turkey & cheese<br>Spinach Salad<br>Banana<br>Milk   | Cheez Its<br>Strawberries<br>Water |