

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Blueberry Chex WG Pears Milk	Turkey & Cheese Sandwich ww bread Mixed Vegetables & Peaches Milk	Pretzels Grapes Water
TUESDAY	Cheerios WG Peaches Milk	Cheese Ravioli w/gr turkey & tomato sauce Green Beans & Spinach Salad Milk	Goldfish Strawberries Water
WEDNESDAY	Life WG Pineapple Milk	Taco Pie (Gr turkey, crescent rolls, cheese, sour cream, & doritos) Pears & Cucumbers Milk	Graham Crackers Blueberries Water
THURSDAY	Blueberry Chex WG Oranges Milk	Chicken breast W/Roll Watermelon Carrots Milk	Saltines Peaches Water
FRIDAY	Cheerios WG 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 WG Mixed Fruit Milk	Turkey Hot Dog w/roll Peas Cantaloupe Milk	Saltines Cheese stick Water
TUESDAY	Life WG Peaches Milk	Pasta w/ground turkey & tomato sauce Spinach Salad & Apples Milk	Wheat Thins Cantaloupe Water
WEDNESDAY	Blueberry Chex WG Pears Milk	Chicken Sandwich on WW Bread Cucumbers Banana Milk	Goldfish Watermelon Water
THURSDAY	Cherrios WG Pineapple Milk	Meatloaf w/roll (ground turkey) Green Beans Strawberries Milk	Cheez-Its Grapes Water
FRIDAY	Life WG Blueberries 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	Blueberry Chex WG Peaches Milk	Enchiladas (Chicken, cheese & ww tortillas) Salsa & sour cream Cucumbers Milk	Goldfish Grapes Water
TUESDAY	Life WG Mixed Fruit Milk	Pasta w/ground turkey & tomato sauce Cooked carrots Spinach salad Milk	Saltines Watermelon Water
WEDNESDAY	Cheerios WG Oranges Milk	Baked chicken breast w/ww roll Cantaloupe Green beans Milk	Pretzels Pineapple Water
THURSDAY	Blueberry Chex WG Pears Milk	Taco Pie (Gr turkey, crescent rolls, cheese & Doritos) Apples & corn Milk	Wheat Thins Pineapple Water
FRIDAY	Life WG Blueberries Milk	Grilled cheese & turkey ham ww bread Mixed vegetables Banana Milk	Graham Crackers Cantaloupe Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 4

	BREAKFAST	LUNCH	SNACK
MONDAY	Life WG Oranges Milk	Quesadillas (chicken, WW tortillas, cheese) Corn & Spinach Salad Milk	Wheat Thins Watermelon Water
TUESDAY	Cheerios WG Mixed Fruit Milk	Oven Roasted Chicken w/ WW Roll Green Beans & Peaches Milk	Saltine Cheese stick Water
WEDNESDAY	Blueberry Chex WG Pears Milk	Cheeseburger Pie (Ground turkey, cheese, crescent rolls) Corn & Banana Milk	Goldfish Cantaloupe Water
THURSDAY	Life WG Blueberries Milk	Pasta w/ gr turkey & sauce Watermelon & Carrots Milk	Graham Crackers Pineapple Water
FRIDAY	Cheerios WG Pineapple Milk	Turkey & cheese on WW bread Spinach Salad Grapes Milk	Pretzels Strawberries Water

Weekly Meal Planner 5

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheerios WG Oranges Milk	Turkey Hotdog w/WW roll Carrots & Peaches Milk	Wheat Thins Pears Water
TUESDAY	Life WG Pears Milk	Spaghetti Pie (Spaghetti w/gr turkey & cheese) Mixed Veggies & Banana Milk	Pretzels Cantaloupe Water
WEDNESDAY	Blueberry Chex WG Blueberries Milk	Whole Wheat Pancakes Turkey Sausage Watermelon & Cucumbers Milk	Saltines Cheese stick Water
THURSDAY	Cheerios WG Peaches Milk	Chicken casserole (Chicken breast, pasta, mixed veggies, cream of chicken soup) Apples Milk	Graham Crackers Grapes Water
FRIDAY	Life WG Mixed Fruit Milk	Chicken & cheese on WW bread Spinach Salad Watermelon Milk	Goldfish Strawberries Water