

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Life WG Pears Milk	Turkey & Cheese Sandwich Mixed Vegetables & Banana Milk	Pretzels Mixed Fruit Water
TUESDAY	Pancakes WG Blueberries Milk	Cheese Ravoli with Meat Sauce (w/extra ground turkey) Green Beans & Spinach Salad Milk	Goldfish Stawberries Water
WEDNESDAY	Blueberry Chex WG Pineapple Milk	HM Taco Pie (gr turkey, crescent rolls, sour cream, cheese & doritos) Apples & Cucumbers Milk	Graham Crackers Pears Water
THURSDAY	French Toast Sticks WG Peaches Milk	Pizza w/Extra Cheese & Chicken Applesauce Carrots Milk	Crackers Peaches Milk
FRIDAY	Cheerios Oranges Milk	HM Chicken Nuggets W/Roll Banana 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 WG Peaches Milk	Turkey Hot Dog w/roll Peas Banana Milk	Crackers Carrots Water
TUESDAY	French Toast Sticks WG Pears Milk	HM Beefaroni (w/extra ground turkey) Spinach Salad & Apples Milk	Wheat Thins Mixed Fruit Water
WEDNESDAY	Blueberry Chex WG Oranges Milk	Chicken Sandwich on WW Bread Cucumbers Banana Milk	Goldfish Pears Water
THURSDAY	Pancakes WG Blueberries Milk	Meatloaf w/roll (ground turkey) Green Beans Apples Milk	Cheez-Its Grapes Water
FRIDAY	Life WG Pineapple Milk	Taco salad (ground turkey, cheese, Doritos) Lettuce, tomatoes Corn Milk	Pretzels Strawberries Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 3

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

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 4

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

Weekly Meal Planner 5

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