

Meal Plan August 2017

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Sloppy Joe's Salad or veggies	31 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin, Parsley Potatoes, Salad	1 Smoothies/ <u>pancakes</u> Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt <u>Taco Salad</u> or <u>Enchilada</u> <u>Casserole</u> , Beans/Rice, etc	2 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	3 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips <u>Homemade Granola Bars</u> Spiral Ham Scallop Potatoes Salad or Broccoli	4 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Grilled Brats Grilled Veggies (Onion, mushroom, zucchini, tomato, bell peppers)	5 BBQ Chicken Corn Salad
6 Spaghetti/Meatballs Salad Bread	7 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn <u>Breaded Chicken</u> , Peas, Potato Casserole	8 Smoothies/ <u>pancakes</u> Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> <u>Beef Burritos</u> Rice	9 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans	10 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe) <u>BBQ Ribs</u> , Corn Mashed Potatoes	11 Egg, ham, cheese scramble PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use leftover Pork from Wed) Pork-n-beans, Corn	12 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
13 Ravioli/meatballs Bread Salad	14 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	15 Smoothies/ <u>pancakes</u> Hamburgers Chips/Pickle <u>Fruit Salsa</u> <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce	16 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u> , <u>Fried Rice</u>	17 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip <u>Homemade Calzones</u> Salad/Bread	18 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad French Dip Sandwich Potatoes, Salad	19 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
20 <u>Stuffed Shells</u> Salad Bread	21 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip <u>Italian Beef Pot Roast</u> & Veggies	22 Smoothies/ <u>pancakes</u> Cheese/Ham/Crackers/Fruit (Think Lunchable) Chex Mix <u>Beef/Chicken Fajitas</u> Rice/Beans	23 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	24 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels Grilled Steak, Corn on cob, Salad	25 Smoothies/Egg, ham, cheese scramble Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip <u>Coconut Chicken</u> , potatoes, veggies	26 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
27 <u>Chicken Parmesan</u> (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	28 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit Popcorn <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	29 Smoothies/ <u>pancakes</u> Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas Rice/Beans	30 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers <u>Breaded Chicken</u> , pasta, salad	31 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Tater-Tot Casserole & Veggies		