


Meal Plan for: December 2016

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>HAPPY DECEMBER!</p> <p>This calendar is filled with fun crafts, snacks, and activities to help you make the holiday season fun! Do them all, or just a few, it's totally up to you!</p>	<p>Daily Activity Ideas: ACTIVITY: The Jesse Tree Ornaments ACTIVITY: Advent Ornaments ACTIVITY: Christmas Around the World READ: A Christmas Carol</p>	<p>1</p> <p>Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Christmas Milk & Donuts Spiral Ham Scallop Potatoes Salad</p>	<p>2</p> <p>Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Edible Christmas Trees Mongolian Beef & Broccoli Rice CRAFT: Make Cookie In A Jar Gifts for friends</p>	<p>3</p> <p>Breaded Pork Chops Mashed potatoes Salad</p>
4	5	6	7	8	9	10
<p>Spaghetti/Meatballs Salad Bread</p>	<p>Smoothies/pancakes Grilled Cheese/Tomato Soup /Fruit Reese's Fudge Breaded Chicken , Peas, Potato Casserole CRAFT: Christmas Pillow Buddies</p>	<p>Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast, Sweet Potato Casserole, Green Beans ACTIVITY: Gingerbread Men</p>	<p>Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers w/cream cheese BBQ Ribs, Corn Mashed Potatoes</p>	<p>Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels North Pole Snack Homemade Pizza Night! Salad (or order for delivery) CRAFT: Peppermint Swirl Soap Gifts</p>	<p>BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
11	12	13	14	15	16	17
<p>Campanelle w/meat sauce Bread Salad</p>	<p>Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Ham & White Bean Soup, Salad CRAFT: Christmas Candles</p>	<p>Smoothies/pancakes Hamburgers Chips/Pickle Fruit Salsa & Tortilla snowflakes Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Santa Hat Snack Crockpot Rotisserie Chicken Potatoes/veggie WRAP PRESENTS!</p>	<p>Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf, Salad or veggie Mashed Potatoes</p>	<p>Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Peppermint Bark Green Chili and Homemade Tortillas Mini-Van Express Night!</p>	<p>Chicken Stir fry Rice</p>
18	19	20	21	22	23	24
<p>Stuffed Shells Salad Bread Reindeer Treats</p>	<p>Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick White Chocolate Popcorn (Save for movie night!) Italian Beef Pot Roast & Veggies Christmas Movie Night!</p>	<p>Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels Sugar Cookie Decorating! Tortellini Soup, Bread *Bake gingerbread houses if doing homemade (see 22nd)</p>	<p>Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken, potatoes, veggies</p>	<p>Smoothies/pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Hot Chocolate Cups Beef/Chicken Fajitas Rice/Beans Decorate Ginger Bread Houses</p>	<p>Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Tortilla Snowflakes Coconut Chicken, potatoes, veggies</p>	<p style="font-size: 2em; color: red;">Happy Christmas Eve!</p>
25	26	27	28	29	30	31
<p style="font-size: 1.5em; color: red;">Merry Christmas!</p> 	<p>Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit Beef Brisket, Mashed Potatoes, Corn or Peas</p>	<p>Smoothies/French Toast Mac-n-Cheese, veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas</p>	<p>Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Hot Taco Soup</p>	<p>Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread</p>	<p>Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix Breaded Chicken, pasta, salad</p>	<p>Tacos de Carne Asada</p>