

Meal Plan January 2017

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>Penne Pasta Bake</u> Bread Salad	2 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin, Parsley Potatoes, Salad	3 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	4 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	5 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips <u>Homemade Granola Bars</u> Spiral Ham Scallop Potatoes Salad or Broccoli	6 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip <u>Mongolian Beef & Broccoli</u> Rice	7 Grill: BBQ Chicken Corn, Salad
8 Spaghetti/Meatballs Salad Bread	9 Smoothies/ <u>pancakes</u> Grilled Cheese/Tomato Soup /Fruit Popcorn <u>Breaded Chicken</u> , Peas, Potato Casserole	10 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	11 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans	12 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe) <u>BBQ Ribs</u> (OR use Leftover Pork for pulled BBQ), Corn Mashed Potatoes	13 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers <u>Homemade Pizza Night!</u> <u>Salad</u> (or order for delivery)	14 Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli
15 Ravioli or Rigatoni and meatballs Bread Salad	16 Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower, Salad	17 Smoothies/ <u>pancakes</u> Hamburgers Chips/Pickle <u>Fruit Salsa</u> & Cinammon Chips <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.	18 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Crockpot Rotisserie</u> <u>Chicken</u> Potatoes/veggie	19 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip <u>Meatloaf</u> , Salad or veggie Mashed Potatoes	20 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad <u>Tortellini Soup</u> Bread	21 <u>Chicken Stir fry</u> Rice
22 <u>Stuffed Shells</u> Salad Bread	23 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip <u>Italian Beef Pot Roast &</u> <u>Veggies</u>	24 Smoothies/ <u>pancakes</u> Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix <u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u>	25 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt <u>Homemade Calzones</u> Salad/Bread	26 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Breaded Pork Chops, Parsley Potatoes, Peas	27 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip <u>Coconut Chicken</u> , potatoes, veggies	28 Chef Salad, Baked Potato Bar
29 <u>Chicken Parmesan</u> (Breaded Chicken over pasta, marinara sauce) Salad	30 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	31 Smoothies/ <u>pancakes</u> Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or <u>Beef Burritos</u> , Rice/Beans, lettuce etc.				