

# Meal Plan July 2011

Key: Breakfast, Lunch, Snack, Dinner

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