

Meal Plan July 2012

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Lasagna Bread Salad	2 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers <u>Pork Tenderloin</u> , Parsley Potatoes, Salad	3 Smoothies/ <u>pancakes</u> Chicken Salad/Fruit Frozen Gogurt Layered Tortilla Pie or <u>Mexican Casserole</u> Beans/Rice	4 Happy Independence Day- BBQ & Fireworks!	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 PB&J, fruit Veggies & Ranch Dip <u>Mongolian Beef & Broccoli</u> Rice	7 BBQ Chicken Corn Salad
8 Spaghetti/Meatballs Salad Bread	9 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	10 Smoothies/ <u>pancakes</u> Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u> <u>Beef Burritos</u> Rice	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 (Knorr's Veggie Soup Mix recipe) BBQ Ribs, Corn Mashed Potatoes	13 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use left over pork from Wed) Pork-n-beans, Corn	14 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
15 Ravioli/meatballs Bread Salad	16 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	17 Smoothies/ <u>pancakes</u> Hamburgers Chips/Pickle <u>Fruit Salsa</u> <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce	18 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u> , Fried Rice	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 French Dip Sandwich Potatoes, Salad	21 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
22 Stuffed Shells Salad Bread	23 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip <u>Italian Beef Pot Roast</u> & Veggies	24 Smoothies/ <u>pancakes</u> Cheese/Ham/Crackers/Fruit (Think Lunchable) Chex Mix <u>Beef/Chicken Fajitas</u> Rice/Beans	25 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	26 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels <u>Tortellini Soup</u> Bread	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 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
29 Rigatoni Salad Bread Sticks	30 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit Popcorn <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	31 Smoothies/ <u>pancakes</u> Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas Rice/Beans	Aug 1 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers <u>Breaded Chicken</u> , pasta, salad	Aug 2 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Tater Tot Casserole, Corn on the cob or another veggie	Aug 3 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix <u>Homemade Calzones</u> Salad/Bread	Aug 4 <u>Chicken Stir fry</u> Rice