

Meal Plan July 2016

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Smoothies/Egg, ham, cheese scramble PB&J, fruit Veggies & Ranch Dip BBQ Chicken, Corn Salad	2 Grill Foil Pockets: Shrimp, corn on cob, red potatoes, sliced beef sausage, drizzle with olive oil, salt/pepper, butter pats. & a lemon slice. Grill 10-15 min. til done.
3 Spaghetti/Meatballs Salad Bread	4 Happy Independence Day! BBQ & Fireworks!	5 Smoothies/ pancakes Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Beef Burritos Rice	6 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , 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 Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza Night! Salad	9 Grill: Steak Saute' onion & mushrooms 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/ pancakes Hamburgers Chips/Pickle Fruit Salsa Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce	13 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	14 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , 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: Chicken Shish-Ka-Bobs, onion, mushroom, etc. Corn on Cob Pasta Salad
17 Stuffed Shells Salad Bread	18 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip Italian Beef Pot Roast & Veggies	19 Smoothies/ pancakes Cheese/Ham/Crackers/Fruit (Think Lunchable) Chex Mix Beef/Chicken Fajitas 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 Tortellini Soup Bread	22 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	23 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
24 Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	25 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit Popcorn Beef Brisket , Mashed Potatoes, Corn or Peas	26 Smoothies/ pancakes 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 Breaded Chicken , pasta, salad	28 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread	29 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix BBQ Pork Sandwiches Pork-n-beans, Corn	30 Chicken Stir fry Rice