

Meal Plan July 2017

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BBQ Chicken Corn Salad
2 Spaghetti/Meatballs Salad Bread	3 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn Breaded Chicken , Peas, Potato Casserole	4 Smoothies/ pancakes Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Beef Burritos Rice	5 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	6 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	7 Egg, ham, cheese scramble PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use leftover Pork from Wed) Pork-n-beans , Corn	8 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
9 Ravioli/meatballs Bread Salad	10 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	11 Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce	12 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	13 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Homemade Calzones Salad/Bread	14 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad French Dip Sandwich Potatoes, Salad	15 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
16 Stuffed Shells Salad Bread	17 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip Italian Beef Pot Roast & Veggies	18 Smoothies/ pancakes Cheese/Ham/Crackers/Fruit (Think Lunchable) Chex Mix Beef/Chicken Fajitas Rice/Beans	19 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	20 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels Grilled Steak, Corn on cob, Salad	21 Smoothies/Egg, ham, cheese scramble Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	22 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
23 Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	24 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit Popcorn Beef Brisket , Mashed Potatoes, Corn or Peas	25 Smoothies/ pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas Rice/Beans	26 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Breaded Chicken , pasta, salad	27 Yogurt/Fruit/Granola Bologna Sandwich , fruit, pretzels Frozen Gogurt Tater-Tot Casserole & Veggies	28 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Grilled Brats Grilled Veggies (Onion, mushroom, zucchini, tomato, bell peppers)	29 Grill: Brats, Fruit Salad or Watermelon Corn on Cob