

Meal Plan June 2011

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Lasagna Bread Salad	30 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin, Parsley Potatoes, Salad	31 Smoothies/ pancakes Chicken Salad/Fruit Frozen Gogurt Layered Tortilla Pie or Mexican Casserole Beans/Rice	1 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	2 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Homemade Granola Bars Spiral Ham Scallop Potatoes Salad or Broccoli	3 Smoothies/Egg, ham, cheese scramble PB&J, fruit Veggies & Ranch Dip Mongolian Beef & Broccoli Rice	4 BBQ Chicken Corn Salad
5 Spaghetti/Meatballs Salad Bread	6 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn Breaded Chicken , Peas, Potato Casserole	7 Smoothies/ pancakes Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Beef Burritos Rice	8 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	9 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	10 Egg, ham, cheese scramble PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza Night! Salad	11 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
12 Ravioli/meatballs Bread Salad	13 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	14 Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce	15 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	16 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , Salad or veggie Mashed Potatoes	17 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad French Dip Sandwich Potatoes, Salad	18 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
19 Stuffed Shells Salad Bread	20 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip Italian Beef Pot Roast & Veggies	21 Smoothies/ pancakes Cheese/Ham/Crackers/Fruit (Think Lunchable) Chex Mix Beef/Chicken Fajitas Rice/Beans	22 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	23 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels Tortellini Soup Bread	24 Smoothies/Egg, ham, cheese scramble Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	25 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
26 Rigatoni Salad Bread Sticks	27 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit Popcorn Beef Brisket , Mashed Potatoes, Corn or Peas	28 Smoothies/ pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas Rice/Beans	29 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Breaded Chicken , pasta, salad	30 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread	1 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix BBQ Pork Sandwiches Pork-n-beans, Corn	2 Chicken Stir fry Rice