

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Tortellini Salad Bread</p>	<p>2</p> <p>Milk/Muffins & Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers</p> <p>Pork Tenderloin, Parsley Potatoes, Salad</p>	<p>3</p> <p>Smoothies/ <u>pancakes</u></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings)</p> <p>Frozen Gogurt</p> <p>Taco Salad or <u>Enchilada Casserole</u>, Beans/Rice, etc</p>	<p>4</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff</p> <p>Broccoli</p>	<p>5</p> <p>Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p><u>Homemade Granola Bars</u></p> <p>Spiral Ham</p> <p>Scallop Potatoes</p> <p>Salad or Broccoli</p>	<p>6</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese</p> <p>Veggies & Ranch Dip</p> <p><u>Mongolian Beef & Broccoli</u> Rice</p>	<p>7</p> <p>Grill: BBQ Chicken Corn, Salad</p>
<p>8</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>9</p> <p>Smoothies/<u>pancakes</u></p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p>Breaded Chicken , Peas, Potato Casserole</p>	<p>10</p> <p>Smoothies/Eggs/Toast</p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)</p> <p>Soft Pretzels</p> <p>Grilled Chicken Quesadillas</p> <p>Lettuce, tomato, guacamole, shredded cheese</p>	<p>11</p> <p>Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Pork Roast, Sweet Potato Casserole, Green Beans</p>	<p>12</p> <p>Cottage Cheese & Fruit</p> <p>Bologna Sandwich</p> <p>Pretzels, fruit</p> <p>Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe)</p> <p>BBQ Ribs (OR use Leftover Pork for pulled BBQ), Corn Mashed Potatoes</p>	<p>13</p> <p>Egg, ham, cheese Bagels</p> <p>PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p>Homemade Pizza Night! Salad (or order for delivery)</p>	<p>14</p> <p>Sweet -n- Sour</p> <p>Polksa-Kielbasa Sausage</p> <p>Scallop Potatoes</p> <p>Broccoli</p>
<p>15</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>16</p> <p>Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese & Tomato, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops</p> <p>Breaded Cauliflower, Salad</p>	<p>17</p> <p>Smoothies/<u>pancakes</u></p> <p>Hamburgers</p> <p>Chips/Pickle</p> <p>Fruit Salsa & Cinammon Chips</p> <p>Creamy Chicken Burritos</p> <p>guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>18</p> <p>Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks</p> <p>Crockpot Rotisserie Chicken</p> <p>Potatoes/veggie</p>	<p>19</p> <p>Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla</p> <p>Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p>Meatloaf, Salad or veggie</p> <p>Mashed Potatoes</p>	<p>20</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches</p> <p>Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p>Tortellini Soup</p> <p>Bread</p>	<p>21</p> <p>Chicken Stir fry</p> <p>Rice</p>
<p>22</p> <p>Stuffed Shells Salad Bread</p>	<p>23</p> <p>Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p>Italian Beef Pot Roast & Veggies</p>	<p>24</p> <p>Smoothies/<u>pancakes</u></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies</p> <p>Chex Mix</p> <p>Beef/Chicken Fajitas</p> <p>Rice/Beans</p>	<p>25</p> <p>Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Homemade Calzones</p> <p>Salad/Bread</p>	<p>26</p> <p>Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>PB, Honey & Banana Tortilla</p> <p>Pinwheels</p> <p>Breaded Pork Chops, Parsley Potatoes, Peas</p>	<p>27</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies & Ranch Dip</p> <p>Coconut Chicken, potatoes, veggies</p>	<p>28</p> <p>Chef Salad, Baked Potato Bar</p>
<p>29</p> <p>Chicken Parmesan (Breaded Chicken over pasta) Salad</p>	<p>30</p> <p>Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>String Cheese and fruit</p> <p>Beef Brisket, Mashed Potatoes, Corn or Peas</p>	<p>31</p> <p>Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas or Beef Burritos, Rice/Beans, lettuce etc.</p>				