

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