

# Meal Plan December 2011

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lasagna Bread Salad	Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  <u>Pork Tenderloin</u> , Parsley Potatoes, Salad	Smoothies/ <a href="#">pancakes</a>  Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt  <u>Taco Salad</u> or <u>Enchilada Casserole</u> , Beans/Rice, etc	Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	1  Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <u>Homemade Granola Bars</u>  Spiral Ham Scallop Potatoes Salad or Broccoli	2  Smoothies/Egg, ham, cheese Bagels  Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip  <u>Mongolian Beef &amp; Broccoli</u> Rice	3  Grill: BBQ Chicken Corn, Salad
4  Spaghetti/Meatballs Salad Bread	5  Smoothies/ <a href="#">pancakes</a>  Grilled Cheese/Tomato Soup /Fruit  <u>White Chocolate Popcorn</u>  <u>Breaded Chicken</u> , Peas, Potato Casserole	6  Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u>  Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	7  Smoothies/French Toast Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <u>Pork Roast</u> , Sweet Potato Casserole, Green Beans	8  Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers  BBQ Ribs, Corn Mashed Potatoes	9  Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers  <u>Homemade Pizza</u> Night! Salad (or order for delivery)	10  BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli
11  Ravioli or Rigatoni and meatballs Bread Salad	12  Milk/Muffins/Fruit  Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter  Grilled Pork Chops Breaded Cauliflower, Salad	13  Smoothies/ <a href="#">pancakes</a>  Hamburgers Chips/Pickle <u>Fruit Salsa &amp; Tortilla snowflakes</u> <u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.	14  Smoothies/French Toast/Sausage  Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u> , <u>Fried Rice</u>	15  Yogurt/Fruit/Granola  Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip  <u>Meatloaf</u> , Salad or veggie Mashed Potatoes	16  Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle <u>Peppermint Bark</u>  <u>Green Chili and Homemade Tortillas</u>	17  <u>Chicken Stir fry</u> Rice
18  <u>Stuffed Shells</u> Salad Bread	19  Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  <u>Reese's Fudge</u>  <u>Italian Beef Pot Roast</u> & Veggies	20  Smoothies/ <a href="#">pancakes</a>  Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix  <u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u>	21  Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  PB, Honey & Banana Tortilla Pinwheels  Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	22  Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels  Christmas Sugar Cookie Decorating!  <u>Tortellini Soup</u> , Bread	23  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	24  <b>Happy Christmas Eve!</b>
25  <b>Merry Christmas!</b>	26  Egg/Sausage/Cheese Burrito & Fruit  Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit  <u>Beef Brisket</u> , Mashed Potatoes, Corn or Peas	27  Smoothies/ <a href="#">pancakes</a>  Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola)  Enchiladas or <u>Beef Burritos</u> , Rice/Beans, lettuce etc.	28  Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers  <u>Hot Taco Soup</u>	29  Yogurt/Fruit/Granola  Bologna Sandwich, fruit, pretzels Frozen Gogurt  <u>Homemade Calzones</u> Salad/Bread	30  Smoothies/Egg, ham, cheese scramble  PB&J, fruit Trail Mix  <u>Breaded Chicken</u> , pasta, salad	31  Sloppy Joe's Salad or veggie