


# Meal Plan February 2014

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Jan 26</p> <p><a href="#">Turkey Lasagna Roll Ups</a> Bread Salad Calories: 228 per roll Pts: 6pt per roll</p>	<p>Jan 27</p> <p>Milk/Muffins &amp; Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers</p> <p><a href="#">Pork Tenderloin</a>, Parsley Potatoes, Salad</p>	<p>Jan 28</p> <p>Smoothies/ <a href="#">pancakes</a></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings)</p> <p>Frozen Gogurt</p> <p><a href="#">Taco Salad</a> (6pts/person) or <a href="#">Enchilada</a></p> <p><a href="#">Casserole</a>, Beans/Rice, etc</p>	<p>Jan 29</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples &amp; Peanut Butter</p> <p>Beef Stroganoff Broccoli</p>	<p>Jan 30</p> <p>Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p><a href="#">Homemade Granola Bars</a></p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>Jan 31</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese</p> <p>Veggies &amp; Ranch Dip</p> <p><a href="#">Mongolian Beef &amp; Broccoli</a> Rice</p>	<p>1</p> <p>BBQ Chicken Corn, Salad</p>
<p>2</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>3</p> <p>Smoothies/<a href="#">pancakes</a></p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p><a href="#">White Chocolate Popcorn</a></p> <p><a href="#">Breaded Chicken</a> , Peas, Potato Casserole</p>	<p>4</p> <p>Smoothies/Eggs/Toast</p> <p>Chicken Salad/Fruit (Or Cream cheese &amp; Cucumber Sandwich)</p> <p><a href="#">Soft Pretzels</a></p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>5</p> <p>Smoothies/French Toast Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p><a href="#">Pork Roast</a>, Sweet Potato Casserole, Green Beans</p>	<p>6</p> <p>Cottage Cheese &amp; Fruit</p> <p>Bologna Sandwich Pretzels, fruit</p> <p>Hot Chocolate, marshmallows and graham crackers</p> <p>BBQ Ribs, Corn Mashed Potatoes</p>	<p>7</p> <p>Egg, ham, cheese Bagels PB &amp; Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p><a href="#">Homemade Pizza</a> &amp; Salad (or order for delivery)</p>	<p>8</p> <p>BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>9</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>10</p> <p>Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese &amp; Tomato, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower, Salad</p>	<p>11</p> <p>Smoothies/<a href="#">pancakes</a></p> <p>Hamburgers Chips/Pickle</p> <p><a href="#">Fruit Salsa</a> &amp; Tortilla Chips</p> <p><a href="#">Creamy Chicken Burritos</a> guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>12</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><a href="#">Chicken Lettuce Wraps</a>, <a href="#">Fried Rice</a></p>	<p>13</p> <p>Yogurt/Fruit/Granola</p> <p>Ham &amp; Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies &amp; Ranch Dip</p> <p><a href="#">Meatloaf</a>, Salad or veggie Mashed Potatoes</p>	<p>14 </p> <p><b>Happy Valentine's Day!</b></p> <p>Smoothies/Scrambled Eggs Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin &amp; Walnut Salad</p> <p><a href="#">Green Chili and Homemade Tortillas</a></p>	<p>15</p> <p><a href="#">Chicken Stir fry</a> Rice</p>
<p>16</p> <p><a href="#">Stuffed Shells</a> Salad Bread</p>	<p>17</p> <p>Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Cheese and Crackers</p> <p><a href="#">Italian Beef Pot Roast</a> &amp; Veggies</p>	<p>18</p> <p>Smoothies/<a href="#">pancakes</a></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix</p> <p><a href="#">Beef/Chicken Fajitas</a> <a href="#">Rice/Beans</a></p>	<p>19</p> <p>Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>PB, Honey &amp; Banana Tortilla Pinwheels</p> <p>Breaded Pork Chops, Parsley Potatoes, Peas</p>	<p>20</p> <p>Cottage Cheese &amp; Fruit Salami &amp; Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey &amp; Banana pinwheels</p> <p><a href="#">Tortellini Soup</a>, Bread</p>	<p>21</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies &amp; Ranch Dip</p> <p><a href="#">Coconut Chicken</a>, potatoes, veggies</p>	<p>22</p> <p>Grilled Chicken Cesar Panini's Pickle Chips</p>
<p>23</p> <p>Rigatoni Salad Bread Sticks</p>	<p>24</p> <p>Egg/Sausage/Cheese Burrito &amp; Fruit</p> <p>Turkey &amp; Avocado Tortilla Wraps &amp; Fruit</p> <p>String Cheese and fruit</p> <p><a href="#">Beef Brisket</a>, Mashed Potatoes, Corn or Peas</p>	<p>25</p> <p>Smoothies/<a href="#">pancakes</a></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p><a href="#">Beef Burritos</a>, Rice/Beans, lettuce etc.</p>	<p>26</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Sliced cheese, meat, crackers</p> <p><a href="#">Hot Taco Soup</a></p>	<p>27</p> <p>Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p><a href="#">Homemade Calzones</a> Salad/Bread</p>	<p>28</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>PB&amp;J, fruit Trail Mix</p> <p><a href="#">Breaded Chicken</a>, pasta, salad</p>	<p>Mar 1</p> <p>Sloppy Joe's Salad or veggie</p>