

Meal Plan: February 2016

Key: Breakfast, Lunch, **Snack**, Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Milk/Muffins & Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers</p> <p><u>Pork Tenderloin</u>, Parsley Potatoes, Salad</p>	<p>2 Smoothies/ <u>pancakes</u></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings)</p> <p>Frozen Gogurt</p> <p><u>Taco Salad</u> (6pts/per person) or <u>Enchilada Casserole</u>, Beans/Rice, etc.</p>	<p>3 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff Broccoli</p>	<p>4 Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p><u>Homemade Granola Bars</u></p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>5 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 Rice</u></p>	<p>6</p> <p>BBQ Chicken Corn, Salad</p>
<p>7</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>8 Smoothies/<u>pancakes</u></p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p><u>White Chocolate Popcorn</u></p> <p><u>Breaded Chicken</u> , Peas, Potato Casserole</p>	<p>9 Smoothies/Eggs/Toast</p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)</p> <p><u>Soft Pretzels</u></p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>10 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p><u>Pork Roast</u>, Sweet Potato Casserole, Green Beans</p>	<p>11 Cottage Cheese & Fruit</p> <p>Bologna Sandwich Pretzels, fruit</p> <p>Hot Chocolate, marshmallows and graham crackers</p> <p>BBQ Ribs, Corn Mashed Potatoes</p>	<p>12 Egg, ham, cheese Bagels</p> <p>PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p><u>Homemade Pizza & Salad (or order for delivery)</u></p>	<p>13</p> <p>BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>14</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>15 Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese & Tomato, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower, Salad</p>	<p>16 Smoothies/<u>pancakes</u></p> <p>Hamburgers Chips/Pickle</p> <p><u>Fruit Salsa & Tortilla Chips</u></p> <p><u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>17 Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks</p> <p><u>Crockpot Rotisserie Chicken</u> Potatoes/veggie</p>	<p>18 Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p><u>Meatloaf</u>, Salad or veggie Mashed Potatoes</p>	<p>19 Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p><u>Green Chili and Homemade Tortillas</u></p>	<p>20</p> <p><u>Chicken Stir fry</u> Rice</p>
<p>21</p> <p><u>Stuffed Shells</u> Salad Bread</p>	<p>22 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Cheese and Crackers</p> <p><u>Italian Beef Pot Roast & Veggies</u></p>	<p>23 Smoothies/<u>pancakes</u></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies</p> <p>Chex Mix</p> <p><u>Beef/Chicken Fajitas</u> Rice/Beans</p>	<p>24 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p>Breaded Pork Chops, Parsley Potatoes, Peas</p>	<p>25 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana pinwheels</p> <p><u>Tortellini Soup</u>, Bread</p>	<p>26 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><u>Coconut Chicken</u>, potatoes, veggies</p>	<p>27</p> <p><u>Corn and Cheese Chowder in Bread bowls</u></p>
<p>28</p> <p><u>Chicken Parmesan</u> (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks</p>	<p>29 Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>String Cheese and fruit</p> <p><u>Beef Brisket</u>, Mashed Potatoes, Corn or Peas</p>					