

Meal Plan June 2016

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Apples & Peanut Butter</p> <p>Grilled Brats Grilled Veggies (Onion, mushroom, zucchini, tomato, bell peppers)</p>	<p>2 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>3 Smoothies/Egg, ham, cheese scramble</p> <p>PB&J, fruit</p> <p>Veggies & Ranch Dip</p> <p><u>Mongolian Beef & Broccoli</u> Rice</p>	<p>4 BBQ Chicken Corn Salad</p>
<p>5 Spaghetti/Meatballs Salad Bread</p>	<p>6 Smoothies/Eggs/Toast</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p><u>Breaded Chicken</u> , Peas, Potato Casserole</p>	<p>7 Smoothies/<u>pancakes</u></p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)</p> <p><u>Soft Pretzels</u></p> <p><u>Beef Burritos</u> Rice</p>	<p>8 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>9 Cottage Cheese & Fruit</p> <p>Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe)</p> <p><u>BBQ Ribs</u>, Corn Mashed Potatoes</p>	<p>10 Egg, ham, cheese scramble</p> <p>PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use leftover Pork from Wed) Pork-n-beans, Corn</p>	<p>11 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad</p>
<p>12 Ravioli/meatballs Bread Salad</p>	<p>13 Milk/Muffins/Fruit</p> <p>Grilled Ham & Cheese, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower Salad</p>	<p>14 Smoothies/<u>pancakes</u></p> <p>Hamburgers Chips/Pickle</p> <p><u>Fruit Salsa</u></p> <p><u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce</p>	<p>15 Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u>, <u>Fried Rice</u></p>	<p>16 Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p><u>Homemade Calzones</u> Salad/Bread</p>	<p>17 Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p>French Dip Sandwich Potatoes, Salad</p>	<p>18 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad</p>
<p>19 Stuffed Shells Salad Bread</p>	<p>20 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p><u>Italian Beef Pot Roast & Veggies</u></p>	<p>21 Smoothies/<u>pancakes</u></p> <p>Cheese/Ham/Crackers/Fruit (Think Lunchable)</p> <p>Chex Mix</p> <p><u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u></p>	<p>22 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Fresh Fruit Salad/nuts</p> <p>Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas</p>	<p>23 Cottage Cheese & Fruit</p> <p>Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p>Grilled Steak, Corn on cob, Salad</p>	<p>24 Smoothies/Egg, ham, cheese scramble</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies & Ranch Dip <u>Coconut Chicken</u>, potatoes, veggies</p>	<p>25 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad</p>
<p>26 Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks</p>	<p>27 Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>Popcorn</p> <p><u>Beef Brisket</u>, Mashed Potatoes, Corn or Peas</p>	<p>28 Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas Rice/Beans</p>	<p>29 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers</p> <p><u>Breaded Chicken</u>, pasta, salad</p>	<p>30 Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Tater-Tot Casserole & Veggies</p>		