

Meal Plan September 2013

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Penne Pasta Bake Bread Salad	2 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin , Parsley Potatoes, Salad	3 Smoothies/ pancakes Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt Taco Salad or Enchilada Casserole , Beans/Rice, etc	4 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	5 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Homemade Granola Bars Spiral Ham Scallop Potatoes Salad or Broccoli	6 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip Mongolian Beef & Broccoli Rice	7 Grill: BBQ Chicken Corn Salad
8 Spaghetti/Meatballs Salad Bread	9 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn Breaded Chicken , Peas, Potato Casserole	10 Smoothies/ pancakes Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	11 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	12 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe)	13 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza Night! Salad (or order out :o)	14 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
15 Ravioli or Rigatoni and meatballs Bread Salad	16 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	17 Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa & Cinammon Chips Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.	18 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Meatloaf , Salad or veggie Mashed Potatoes	19 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Crockpot Rotisserie Chicken Potatoes/veggie	20 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad Chicken Lettuce Wraps , Fried Rice (Use leftover chicken)	21 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
22 Stuffed Shells Salad Bread	23 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip Italian Beef Pot Roast & Veggies	24 Smoothies/ pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix Beef/Chicken Fajitas Rice/Beans	25 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	26 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels Tortellini Soup Bread	27 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	28 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
29 Chicken Parmesan Salad Bread Sticks	30 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit Beef Brisket , Mashed Potatoes, Corn or Peas	Oct 1 Smoothies/ pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or Beef Burritos , Rice/Beans, lettuce etc.	Oct 2 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Tater-Tot Casserole & Salad or Veggies	Oct 3 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Breaded Chicken , pasta, salad	Oct 4 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix Homemade Calzones Salad/Bread	Oct 5 Sloppy Joe's Salad or veggie