

# Meal Plan April 2012

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Lasagna Bread Salad	2 Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  Pork Tenderloin, Parsley Potatoes, Salad	3 Smoothies/ <a href="#">pancakes</a>  Chicken Salad/Fruit  Frozen Gogurt  Layered Tortilla Pie or <a href="#">Mexican Casserole</a> Beans/Rice	4 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	5 Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <a href="#">Homemade Granola Bars</a>  Spiral Ham Scallop Potatoes Salad or Broccoli	6 Smoothies/Egg, ham, cheese scramble  PB&J, fruit  Veggies & Ranch Dip  <a href="#">Mongolian Beef &amp; Broccoli</a> Rice	7      BBQ Chicken Corn Salad
8 Spaghetti/Meatballs Salad Bread	9 Smoothies/Eggs/Toast  Grilled Cheese/Tomato Soup /Fruit  Popcorn  <a href="#">Breaded Chicken</a> , Peas, Potato Casserole	10 Smoothies/ <a href="#">pancakes</a>  Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)  <a href="#">Soft Pretzels</a>  <a href="#">Beef Burritos</a> Rice	11 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <a href="#">Pork Roast</a> , Sweet Potato Casserole, Green Beans	12 Cottage Cheese & Fruit  Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe)  BBQ Ribs, Corn Mashed Potatoes	13 Egg, ham, cheese scramble  PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers BBQ Pork Sandwiches (Use <i>leftover pork roast from Wed</i> ) Pork-n-beans, Corn	14      Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
15 Ravioli/meatballs Bread Salad	16 Milk/Muffins/Fruit  Grilled Ham & Cheese, Fruit  Sliced Apples with Peanut Butter  Grilled Pork Chops Breaded Cauliflower Salad	17 Smoothies/ <a href="#">pancakes</a>  Subway Type Sandwiches Chips/Pickle  <a href="#">Fruit Salsa</a>  <a href="#">Creamy Chicken Burritos</a> guacamole, sour cream, tomatoes, lettuce	18 Smoothies/French Toast/Sausage  Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)  Cheese cubes w/Pretzel toothpicks <a href="#">Chicken Lettuce Wraps</a> , <a href="#">Fried Rice</a>	19 Yogurt/Fruit/Granola  Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame  Veggies & Ranch Dip  <a href="#">Meatloaf</a> , Salad or veggie Mashed Potatoes	20 Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle  Diced Orange, Apple, Craisin & Walnut Salad  French Dip Sandwich Potatoes, Salad	21      <a href="#">Chicken Stir fry</a> Rice
22      <a href="#">Stuffed Shells</a> Salad Bread	23 Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  Crackers & Crab Salad Dip  <a href="#">Italian Beef Pot Roast</a> & Veggies	24 Smoothies/ <a href="#">pancakes</a>  Cheese/Ham/Crackers/Fruit (Think Lunchable)  Chex Mix  <a href="#">Beef/Chicken Fajitas</a> 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  <a href="#">Tortellini Soup</a> Bread	27 Smoothies/Egg, ham, cheese scramble  Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips  Veggies & Ranch Dip <a href="#">Coconut Chicken</a> , potatoes, veggies	28      Hamburgers, lettuce, tomato, cheese Potato Salad
29 Rigatoni Salad Bread Sticks	30 Egg/Sausage/Cheese Burrito & Fruit  Turkey & Avocado Tortilla Wraps & Fruit  Popcorn  <a href="#">Beef Brisket</a> , Mashed Potatoes, Corn or Peas	May 1 Smoothies/ <a href="#">pancakes</a>  Sandwich/Pasta Salad/Fruit  Parfait (layered yogurt, fruit, granola)  Enchiladas Rice/Beans	May 2 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers  <a href="#">Breaded Chicken</a> , pasta, salad	May 3 Yogurt/Fruit/Granola  Quesadillas/Chips/ Salsa  Frozen Gogurt  Calzones	May 4 Smoothies/Egg, ham, cheese scramble  PB&J, fruit  Trail Mix  <a href="#">Homemade Pizza</a> Night! Salad	May 5      <a href="#">Hot Taco Soup</a>