

Meal Plan: February 2017

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff Broccoli</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 Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip</p> <p><u>Mongolian Beef & Broccoli Rice</u></p>	<p>4</p> <p>BBQ Chicken Corn, Salad</p>
<p>5</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>6 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>7 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u></p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>8 Smoothies/French Toast 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 Hot Chocolate, marshmallows and graham crackers</p> <p>BBQ Ribs, Corn Mashed Potatoes</p>	<p>10 Egg, ham, cheese Bagels 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>11</p> <p>BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>12</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>13 Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese & Tomato, Fruit 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 & Tortilla Chips</u></p> <p><u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>15 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <u>Crockpot Rotisserie Chicken</u> Potatoes/veggie</p>	<p>16 Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip</p> <p><u>Meatloaf</u>, Salad or veggie Mashed Potatoes</p>	<p>17 Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad <u>Green Chili and Homemade Tortillas</u></p>	<p>18</p> <p><u>Chicken Stir fry</u> Rice</p>
<p>19</p> <p><u>Stuffed Shells</u> Salad Bread</p>	<p>20 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>21 Smoothies/<u>pancakes</u></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix</p> <p><u>Beef/Chicken Fajitas</u> Rice/Beans</p>	<p>22 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>23 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla pinwheels</p> <p><u>Tortellini Soup</u>, Bread</p>	<p>24 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip</p> <p><u>Coconut Chicken</u>, potatoes, veggies</p>	<p>25</p> <p><u>Corn and Cheese Chowder in Bread bowls</u></p>
<p>26</p> <p><u>Chicken Parmesan</u> (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 String Cheese and fruit</p> <p><u>Beef Brisket</u>, Mashed Potatoes, Corn or Peas</p>	<p>28 Smoothies/ <u>pancakes</u> Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt</p> <p><u>Taco Salad</u> (6pts/per person) or <u>Enchilada</u> Casserole, Beans/Rice, etc.</p>				