

Meal Plan June 2015

Key: Breakfast, Lunch, Snack, Dinner

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