

Meal Plan September 2011

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Lasagna Bread Salad	29 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin, Parsley Potatoes, Salad	30 Smoothies/ pancakes Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt Taco Salad or Enchilada Casserole , Beans/Rice, etc	31 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	1 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Homemade Granola Bars Spiral Ham Scallop Potatoes Salad or Broccoli	2 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip Mongolian Beef & Broccoli Rice	3 Grill: BBQ Chicken Corn Salad
4 Spaghetti/Meatballs Salad Bread	5 Smoothies/Eggs/Toast Grilled Cheese/Tomato Soup /Fruit Popcorn Breaded Chicken , Peas, Potato Casserole	6 Smoothies/ pancakes Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	7 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	8 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe)	9 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza Night! Salad (or order out :o)	10 Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
11 Ravioli or Rigatoni and meatballs Bread Salad	12 Milk/Muffins/Fruit Grilled Ham & Cheese, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower Salad	13 Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa & Cinammon Chips Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.	14 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	15 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , Salad or veggie Mashed Potatoes	16 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad French Dip Sandwich Potatoes, Salad	17 Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
18 Stuffed Shells Salad Bread	19 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Crackers & Crab Salad Dip Italian Beef Pot Roast & Veggies	20 Smoothies/ pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix Beef/Chicken Fajitas Rice/Beans	21 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Fresh Fruit Salad/nuts Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	22 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla Pinwheels Tortellini Soup Bread	23 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	24 Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
25 Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad Bread Sticks	26 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit Beef Brisket , Mashed Potatoes, Corn or Peas	27 Smoothies/ pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or Beef Burritos , Rice/Beans, lettuce etc.	28 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Swedish Meatballs with wide egg noodles, Salad	29 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread	30 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix Breaded Chicken , pasta, salad	1 Sloppy Joe's Salad or veggie