

Meal Plan April 2015

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Smoothies /French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	2 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Homemade Granola Bars Spiral Ham Scallop Potatoes Salad or Broccoli	3 Smoothies /Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip Mongolian Beef & Broccoli Rice	4 BBQ Chicken Corn, Salad
5 Spaghetti/Meatballs Salad Bread	6 Smoothies / pancakes Grilled Cheese/Tomato Soup /Fruit White Chocolate Popcorn Breaded Chicken , Peas, Potato Casserole	7 Smoothies /Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	8 Smoothies /French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	9 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers BBQ Ribs , Corn Mashed Potatoes	10 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza & Salad (or order for delivery)	11 Corn and Cheese Chowder in Bread bowls
12 Ravioli or Rigatoni and meatballs Bread Salad	13 Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower, Salad	14 Smoothies / pancakes Hamburgers Chips/Pickle Fruit Salsa & Tortilla Chips Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.	15 Smoothies /French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	16 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , Salad or veggie Mashed Potatoes	17 Smoothies /Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad Green Chili and Homemade Tortillas	18 Chicken Stir fry Rice
19 Stuffed Shells Salad Bread	20 Smoothies /Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Cheese and Crackers Italian Beef Pot Roast & Veggies	21 Smoothies / pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix Beef/Chicken Fajitas Rice/Beans	22 Smoothies /French Toast Mac-n-Cheese, veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Breaded Pork Chops, Parsley Potatoes, Peas	23 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla pinwheels Tortellini Soup , Bread	24 Smoothies /Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	25 Grilled Chicken Cesar Panini's Pickle Chips
26 Rigatoni Salad Bread Sticks	27 Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit Beef Brisket , Mashed Potatoes, Corn or Peas	28 Smoothies / pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Beef Burritos , Rice/Beans, lettuce etc.	29 Smoothies /French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Hot Taco Soup	30 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread		