

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p>Homemade Granola Bars</p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>2 Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese</p> <p>Veggies &amp; Ranch Dip</p> <p>Mongolian Beef &amp; Broccoli Rice</p>	<p>3</p> <p>Grill: BBQ Chicken Corn, Salad</p>
<p>4</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>5 Smoothies/<u>pancakes</u></p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p>Breaded Chicken , Peas, Potato Casserole</p>	<p>6 Smoothies/Eggs/Toast</p> <p>Chicken Salad/Fruit (Or Cream cheese &amp; Cucumber Sandwich)</p> <p>Soft Pretzels</p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>7 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>8 Cottage Cheese &amp; Fruit Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe)</p> <p>BBQ Ribs (OR use Leftover Pork for pulled BBQ), Corn Mashed Potatoes</p>	<p>9 Egg, ham, cheese Bagels</p> <p>PB &amp; Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p>Homemade Pizza Night! Salad (or order for delivery)</p>	<p>10</p> <p>Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>11</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>12 Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese &amp; Tomato, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower, Salad</p>	<p>13 Smoothies/<u>pancakes</u></p> <p>Hamburgers Chips/Pickle</p> <p>Fruit Salsa &amp; Cinamon Chips</p> <p>Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>14 Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks</p> <p>Crockpot Rotisserie Chicken Potatoes/veggie</p>	<p>15 Yogurt/Fruit/Granola Ham &amp; Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies &amp; Ranch Dip</p> <p>Meatloaf, Salad or veggie Mashed Potatoes</p>	<p>16 Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin &amp; Walnut Salad</p> <p>Tortellini Soup Bread</p>	<p>17</p> <p>Chicken Stir fry Rice</p>
<p>18</p> <p>Stuffed Shells Salad Bread</p>	<p>19 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers &amp; Crab Salad Dip</p> <p>Italian Beef Pot Roast &amp; Veggies</p>	<p>20 Smoothies/<u>pancakes</u></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies</p> <p>Chex Mix</p> <p>Beef/Chicken Fajitas Rice/Beans</p>	<p>21 Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Homemade Calzones Salad/Bread</p>	<p>22 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>PB, Honey &amp; Banana Tortilla Pinwheels Breaded Pork Chops, Parsley Potatoes, Peas</p>	<p>23 Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies &amp; Ranch Dip</p> <p>Coconut Chicken, potatoes, veggies</p>	<p>24</p> <p>Chef Salad, Baked Potato Bar</p>
<p>25</p> <p>Chicken Parmesan (Breaded Chicken over pasta) Salad</p>	<p>26 Egg/Sausage/Cheese Burrito &amp; Fruit</p> <p>Turkey &amp; Avocado Tortilla Wraps &amp; Fruit</p> <p>String Cheese and fruit</p> <p>Beef Brisket, Mashed Potatoes, Corn or Peas</p>	<p>27 Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas or Beef Burritos, Rice/Beans, lettuce etc.</p>	<p>28 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Sliced cheese, meat, crackers</p> <p>Hot Taco Soup</p>	<p>29 Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Homemade Calzones Salad/Bread</p>	<p>30 Smoothies/ <u>pancakes</u></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings)</p> <p>Frozen Gogurt</p> <p>Taco Salad (6pts/per person) or Enchilada Casserole, Beans/Rice, etc</p>	<p>31</p> <p>Breaded Pork Chops, Mashed potatoes, Salad</p>