

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 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 Smoothies/ <u>pancakes</u></p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings)</p> <p>Frozen Gogurt</p> <p><u>Taco Salad</u> or <u>Enchilada Casserole</u>, Beans/Rice, etc</p>	<p>3 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff</p> <p>Broccoli</p>	<p>4 Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p><u>Homemade Granola Bars</u></p> <p>Spiral Ham</p> <p>Scallop Potatoes</p> <p>Salad or Broccoli</p>	<p>5 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p><u>Mongolian Beef & Broccoli</u></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 Smoothies/Eggs/Toast</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p><u>Breaded Chicken</u>, Peas, Potato Casserole</p>	<p>9 Smoothies/<u>pancakes</u></p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)</p> <p><u>Soft Pretzels</u></p> <p><u>Beef Burritos</u></p> <p>Rice</p>	<p>10 Smoothies/French Toast</p> <p>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>11 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><u>BBQ Ribs</u>, Corn</p> <p><u>Mashed Potatoes</u></p>	<p>12 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 shish-kabobs</p> <p>Pasta Salad</p>
<p>14</p> <p>Ravioli/meatballs</p> <p>Bread</p> <p>Salad</p>	<p>15 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 Salad</p>	<p>16 Smoothies/<u>pancakes</u></p> <p>Hamburgers</p> <p>Chips/Pickle</p> <p><u>Fruit Salsa</u></p> <p><u>Creamy Chicken Burritos</u></p> <p>guacamole, sour cream, tomatoes, lettuce</p>	<p>17 Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks</p> <p><u>Chicken Lettuce Wraps</u>, <u>Fried Rice</u></p>	<p>18 Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla</p> <p>Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p><u>Homemade Calzones</u></p> <p>Salad/Bread</p>	<p>19 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><u>Stuffed Shells</u></p> <p>Salad</p> <p>Bread</p>	<p>22 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p><u>Italian Beef Pot Roast & Veggies</u></p>	<p>23 Smoothies/<u>pancakes</u></p> <p>Cheese/Ham/Crackers/Fruit (Think Lunchable)</p> <p>Chex Mix</p> <p><u>Beef/Chicken Fajitas</u></p> <p><u>Rice/Beans</u></p>	<p>24 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 Cottage Cheese & Fruit</p> <p>Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p>Grilled Steak, Corn on cob, Salad</p>	<p>26 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><u>Coconut Chicken</u>, potatoes, veggies</p>	<p>27</p> <p>Grill: Hamburgers, lettuce, tomato, cheese</p> <p>Potato Salad</p>
<p>28</p> <p><u>Chicken Parmesan</u> (Breaded)</p> <p>Chicken over pasta with marinara sauce)Salad, Bread Sticks</p>	<p>29 Cottage Cheese & Fruit</p> <p>Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p><u>Tortellini Soup</u></p> <p>Bread</p>	<p>30 Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas, Rice/Beans</p>	<p>31 Egg, ham, cheese scramble</p> <p>Roast Beef, Cream Cheese, Cole Slaw, marinated red pepper tortilla roll ups</p> <p>Veggies & Ranch Dip</p> <p><u>White Chicken Chili/Tortillas</u></p>			