


Meal Plan December 2013

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Penne Pasta Bake Bread Salad	2 Milk/Muffins & Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese chunks, Crackers Pork Tenderloin , Parsley Potatoes, Salad	3 Smoothies/ pancakes Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt Taco Salad or Enchilada Casserole , Beans/Rice, etc	4 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Apples & Peanut Butter Beef Stroganoff Broccoli	5 Yogurt/Fruit/Granola Hot Dogs/Fruit/Chips Homemade Granola Bars Spiral Ham Scallop Potatoes Salad or Broccoli	6 Smoothies/Egg, ham, cheese Bagels Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip Mongolian Beef & Broccoli Rice	7 Grill: BBQ Chicken Corn, Salad
8 Spaghetti/Meatballs Salad Bread	9 Smoothies/ pancakes Grilled Cheese/Tomato Soup /Fruit White Chocolate Popcorn Breaded Chicken , Peas, Potato Casserole	10 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	11 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pork Roast , Sweet Potato Casserole, Green Beans	12 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers BBQ Ribs, Corn Mashed Potatoes	13 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels Sliced cheese, meat, crackers Homemade Pizza Night! Salad (or order for delivery)	14 BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli
15 Ravioli or Rigatoni and meatballs Bread Salad	16 Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower, Salad	17 Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa & Tortilla snowflakes Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.	18 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Crockpot Rotisserie Chicken Potatoes/veggie	19 Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , Salad or veggie Mashed Potatoes	20 Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Peppermint Bark Green Chili and Homemade Tortillas	21 Chicken Stir fry Rice
22 Stuffed Shells Salad Bread	23 Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Reese's Fudge Italian Beef Pot Roast & Veggies	24 Happy Christmas Eve!	25 Merry Christmas! 	26 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels Christmas Sugar Cookie Decorating! Tortellini Soup , Bread	27 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	28 Sloppy Joe's, Salad or veggie
29 Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	30 Smoothies/ pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix Beef/Chicken Fajitas Rice/Beans	31 Smoothies/French Toast Mac-n-Cheese , veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	Jan 1 Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Hot Taco Soup	Jan 2 Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread	Jan 3 Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix Breaded Chicken , pasta, salad	Jan 4 Sloppy Joe's Salad or veggie