

Meal Plan February 2013

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Jan 27</p> <p>Turkey Lasagna Roll Ups Bread Salad Calories: 228 per roll Pts: 6pt per roll</p>	<p>Jan 28</p> <p>Milk/Muffins & Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers</p> <p>Pork Tenderloin, Parsley Potatoes, Salad</p>	<p>Jan 29</p> <p>Smoothies/ pancakes</p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt</p> <p>Taco Salad (6pts/per person) or Enchilada</p> <p>Casserole, Beans/Rice, etc</p>	<p>30</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff Broccoli</p>	<p>Jan 31</p> <p>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>1</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip</p> <p>Mongolian Beef & Broccoli Rice</p>	<p>2</p> <p>BBQ Chicken Corn, Salad</p>
<p>3</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>4</p> <p>Smoothies/pancakes</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>White Chocolate Popcorn</p> <p>Breaded Chicken , Peas, Potato Casserole</p>	<p>5</p> <p>Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels</p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>6</p> <p>Smoothies/French Toast Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Pork Roast, Sweet Potato Casserole, Green Beans</p>	<p>7</p> <p>Cottage Cheese & Fruit</p> <p>Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers</p> <p>BBQ Ribs, Corn Mashed Potatoes</p>	<p>8</p> <p>Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p>Homemade Pizza & Salad (or order for delivery)</p>	<p>9</p> <p>BBQ sauce on Polska-Kielbasa Sausage Scalloped Potatoes Broccoli</p>
<p>10</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>11</p> <p>Milk/Muffins/Fruit</p> <p>Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower, Salad</p>	<p>12</p> <p>Smoothies/pancakes</p> <p>Hamburgers Chips/Pickle</p> <p>Fruit Salsa & Tortilla Chips</p> <p>Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>13</p> <p>Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps, Fried Rice</p>	<p>14</p> <p>Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip</p> <p>Meatloaf, Salad or veggie Mashed Potatoes</p>	<p>15</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad Green Chili and Homemade Tortillas</p>	<p>16</p> <p>Chicken Stir fry Rice</p>
<p>17</p> <p>Stuffed Shells Salad Bread</p>	<p>18</p> <p>Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Cheese and Crackers</p> <p>Italian Beef Pot Roast & Veggies</p>	<p>19</p> <p>Smoothies/pancakes</p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix</p> <p>Beef/Chicken Fajitas Rice/Beans</p>	<p>20</p> <p>Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p>Breaded Pork Chops, Parsley Potatoes, Peas</p>	<p>21</p> <p>Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla pinwheels</p> <p>Tortellini Soup, Bread</p>	<p>22</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip</p> <p>Coconut Chicken, potatoes, veggies</p>	<p>23</p> <p>Grilled Chicken Cesar Panini's Pickle Chips</p>
<p>24</p> <p>Rigatoni Salad Bread Sticks</p>	<p>25</p> <p>Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit</p> <p>Beef Brisket, Mashed Potatoes, Corn or Peas</p>	<p>26</p> <p>Smoothies/pancakes</p> <p>Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola)</p> <p>Beef Burritos, Rice/Beans, lettuce etc.</p>	<p>27</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers</p> <p>Hot Taco Soup</p>	<p>28</p> <p>Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels Frozen Gogurt</p> <p>Homemade Calzones Salad/Bread</p>	<p>Mar 1</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>PB&J, fruit Trail Mix</p> <p>Breaded Chicken, pasta, salad</p>	<p>Mar 2</p> <p>Sloppy Joe's Salad or veggie</p>