


Meal Plan February 2015

Key: Breakfast, Lunch, Snack, Dinner

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