

# Meal Plan July 2013

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30  <a href="#">Penne Pasta Bake</a> Bread Salad	1 Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  <a href="#">Pork Tenderloin</a> , Parsley Potatoes, Salad	2 Smoothies/ <a href="#">pancakes</a>  Chicken Salad/Fruit  Frozen Gogurt  Layered Tortilla Pie or <a href="#">Mexican Casserole</a> Beans/Rice	3 Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <a href="#">Homemade Granola Bars</a>  Spiral Ham Scallop Potatoes Salad or Broccoli	4  <b>Happy Independence Day- BBQ &amp; Fireworks!</b>	5 Smoothies/Egg, ham, cheese Bagels  PB&J, fruit  Veggies & Ranch Dip  <a href="#">Mongolian Beef &amp; Broccoli</a> Rice	6  BBQ Chicken Corn Salad
7  Spaghetti/Meatballs Salad Bread	8 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	9 Smoothies/ <a href="#">pancakes</a>  Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich)  <a href="#">Soft Pretzels</a>  <a href="#">Beef Burritos</a> Rice	10 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <a href="#">Pork Roast</a> , Sweet Potato Casserole, Green Beans	11 Cottage Cheese & Fruit  Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe)	12 Egg, ham, cheese Bagels  PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers  <a href="#">Homemade Pizza Night!</a> Salad	13  Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad
14  Ravioli/meatballs Bread Salad	15 Milk/Muffins/Fruit  Grilled Ham & Cheese, Fruit  Sliced Apples with Peanut Butter  Grilled Pork Chops Breaded Cauliflower Salad	16 Smoothies/ <a href="#">pancakes</a>  Hamburgers Chips/Pickle  <a href="#">Fruit Salsa</a>  <a href="#">Creamy Chicken Burritos</a> guacamole, sour cream, tomatoes, lettuce	17 Smoothies/French Toast/Sausage  Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)  Cheese cubes w/Pretzel toothpicks <a href="#">Chicken Lettuce Wraps</a> , <a href="#">Fried Rice</a>	18 Yogurt/Fruit/Granola  Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame  Veggies & Ranch Dip  <a href="#">Meatloaf</a> , Salad or veggie Mashed Potatoes	19 Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle  Diced Orange, Apple, Craisin & Walnut Salad  French Dip Sandwich Potatoes, Salad	20  Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad
21  <a href="#">Stuffed Shells</a> Salad Bread	22 Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  Crackers & Crab Salad Dip  <a href="#">Italian Beef Pot Roast</a> & Veggies	23 Smoothies/ <a href="#">pancakes</a>  Cheese/Ham/Crackers/Fruit (Think Lunchable)  Chex Mix  <a href="#">Beef/Chicken Fajitas</a> Rice/Beans	24 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  Fresh Fruit Salad/nuts  Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	25 Cottage Cheese & Fruit  Salami & Provolone Sandwich/Fruit/Pretzels  PB, Honey & Banana Tortilla Pinwheels  <a href="#">Tortellini Soup</a> Bread	26 Smoothies/Egg, ham, cheese Bagels  Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips  Veggies & Ranch Dip <a href="#">Coconut Chicken</a> , potatoes, veggies	27  Grill: Hamburgers, lettuce, tomato, cheese Potato Salad
28  <a href="#">Chicken Parmesan</a> (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	29 Egg/Sausage/Cheese Burrito & Fruit  Turkey & Avocado Tortilla Wraps & Fruit  Popcorn  <a href="#">Beef Brisket</a> , Mashed Potatoes, Corn or Peas	30 Smoothies/ <a href="#">pancakes</a>  Sandwich/Pasta Salad/Fruit  Parfait (layered yogurt, fruit, granola)  Enchiladas Rice/Beans	31 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers  <a href="#">Breaded Chicken</a> , pasta, salad	Aug 1 Yogurt/Fruit/Granola  Bologna Sandwich, fruit, pretzels  Frozen Gogurt  <a href="#">Homemade Calzones</a> Salad/Bread	Aug 2 Smoothies/Egg, ham, cheese scramble  PB&J, fruit  Trail Mix  BBQ Pork Sandwiches Pork-n-beans, Corn	Aug 3  <a href="#">Chicken Stir fry</a> Rice