

Meal Plan March 2014

Key: Breakfast, [Lunch](#), [Snack](#), [Dinner](#)

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