

Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Life Pears Milk	Turkey & Cheese Sandwich Mixed Vegetables & Banana Milk	Pretzels Mixed Fruit Water
TUESDAY	Whole Wheat Pancakes Applesauce Milk	Cheese Ravoli with Turkey Meatballs Green Beans & Spinach Salad Milk	Goldfish Carrots Water
WEDNESDAY	Kix Cereal Pineapple Milk	HM Taco Pie (gr turkey, crescent rolls, sour cream, & doritos) Pears & Cucumbers Milk	Graham Crackers Apples slices Water
THURSDAY	Whole Wheat Waffles Peaches Milk	Pizza w/Extra Cheese & Chicken Applesauce Carrots Milk	Saltines Mixed Fruit Milk
FRIDAY	Cheerios Banana Milk	HM Chicken Nuggets W/Roll Oranges Cucumbers Milk	Chex Mix Grapes Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 2

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheerios Banana Milk	All Beef Hot Dog w/roll Peas Peaches Milk	Saltines Carrots Water
TUESDAY	Whole Wheat Bagel Apple Slices Milk	HM Beefaroni (ground turkey) Spinach Salad & Mixed Fruit Milk	Wheat Thins Pears Water
WEDNESDAY	Kix Cereal Oranges Milk	Chicken Sandwich on WW Bread Cucumbers Pears Milk	Goldfish Banana Water
THURSDAY	Whole Wheat Waffles Pears Milk	Meatloaf w/roll Green Beans Apples Slices Milk	Cheez-Its Grapes Water
FRIDAY	Life Cereal Banana Milk	Taco salad (ground turkey, doritos) Lettuce, tomatoes Corn Milk	Pretzels Pineapple Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 3

	BREAKFAST	LUNCH	SNACK
MONDAY	Kix Apple Slices Milk	Chicken & Cheese Quesadillas Salsa & sour cream Cucumbers Milk	Goldfish Pears Water
TUESDAY	WW toast Oranges Milk	Pasta w/meat sauce (ground turkey) cooked carrots Spinach salad Milk	Saltines Cucumbers Water
WEDNESDAY	Cheerios Banana Milk	Baked chicken breast w/roll Roasted potatoes green beans Milk	Pretzels Apple slices Water
THURSDAY	Life Cereal Peaches Milk	HM Taco Pie (turkey, crescent rolls, Doritos) Mixed fruit Corn Milk	Wheat Thins Grapes Water
FRIDAY	WW Pancakes Peaches Milk	Grilled cheese & turkey ham Mixed vegetables Pineapple Milk	Animal Crackers Banana Water

*All meals prepared daily

**All meals served with appropriate condiments

Weekly Meal Planner 4

	BREAKFAST	LUNCH	SNACK
MONDAY	Kix Cereal Oranges Milk	Turkey Enchiladas (WW tortillas) Corn & Spinach Salad Milk	Goldfish Pears Water
TUESDAY	Cheerios Apple Slices Milk	Oven Roasted Chicken w/ WW Roll Green Beans & Mixed Fruit Milk	Colby-jack cheese stick Saltines Water
WEDNESDAY	Whole Wheat Pancakes Peaches Milk	HM cheeseburger pie (ground turkey, cheese, crescent rolls) Corn & Cucumbers Milk	Wheat Thins Banana Water
THURSDAY	Life cereal Pineapple Milk	Turkey and Cheese on Whole Wheat Pears & Broccoli Milk	Animal Crackers Grapes Water
FRIDAY	Whole Wheat Bagels Banana Milk	Pasta w/Meat Sauce (ground turkey) Spinach Salad Applesauce Milk	Pretzels Pears Water

Weekly Meal Planner 5

	BREAKFAST	LUNCH	SNACK
MONDAY	Kix Pears Milk	All Beef Hotdog w/WW roll Carrots & Applesauce Milk	Wheat Thins Cucumbers Water
TUESDAY	Whole wheat waffles Banana Milk	Chicken & cheese sandwich Mixed Veggies & Peaches Milk	Pretzels Carrots Water
WEDNESDAY	Cheerios Pineapple Milk	Whole Wheat Pancakes Turkey Sausage Mixed Fruit & Cucumbers Milk	Goldfish Banana Water
THURSDAY	Whole grain bagel Pears Milk	HM chicken noddle casserole (chicken breast, pasta, mixed veggies) apples Milk	saltines Cheese Stick Water
FRIDAY	Life Cereal Banana Milk	WW Spaghetti Pie w/turkey & cheese Spinach Salad Mixed Fruit Milk	Animal crackers Oranges Water