

# Weekly Meal Planner 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Special K 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 Baby carrots Water
WEDNESDAY	Kix Cereal Pineapple Milk	HM Taco Pie (gr turkey, crescent rolls, sour cream, & doritos) Apple slices & Cucumbers Milk	Graham Crackers Pears Water
THURSDAY	Whole Wheat Waffles Peaches Milk	Pizza w/Extra Cheese & Chicken Grapes Carrots Milk	Saltines Mixed Fruit Water
FRIDAY	Cheerios Banana Milk	HM Chicken Nuggets W/Roll Grapes Cucumbers Milk	Chex Mix Oranges 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 Oranges 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 Grapes Milk	Goldfish Peaches Water
THURSDAY	Whole Wheat Waffles Peaches Milk	Meatloaf w/roll Green Beans Apples Slices Milk	Cheez-Its Pears 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	Corn Flakes 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	Chex Mix Cucumbers Water
WEDNESDAY	Special K Banana Milk	Baked chicken breast w/roll Roasted potatoes green beans Milk	Pretzels Mixed Fruit Water
THURSDAY	Life Cereal Peaches Milk	HM Taco Pie (turkey, crescent rolls, Doritos) Apple Slices Corn Milk	Wheat Thins Pineapple Water
FRIDAY	WW Pancakes Pears Milk	Grilled cheese & turkey ham Mixed vegetables Grapes Milk	Animal Crackers Peaches 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	Cheeseburger on roll Corn & Cucumbers Milk	Gold Fish Peaches 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	Special K Pears Milk	All Beef Hotdog w/WW roll Carrots & Applesauce Milk	Wheat Thins Pears Water
TUESDAY	Kix Banana Milk	Chicken & cheese sandwich Mixed Veggies & Peaches Milk	Pretzels Baby carrots Water
WEDNESDAY	Cheerios Pineapple Milk	Whole Wheat Pancakes Turkey Sausage Mixed Fruit & Cucumbers Milk	Goldfish Peaches Water
THURSDAY	Whole wheat waffles Pears Milk	Chicken Stir Fry w/brown rice Carrots Broccoli Milk	Cheese stick Pears Water
FRIDAY	Life Cereal Banana Milk	WW Spaghetti Pie w/turkey & cheese Spinach Salad Mixed Fruit Milk	Goldfish Oranges Water