

Week Of:

Weekly Menu Plan

	Breakfast	Lunch	Dinner
Monday		Salad	Cabbage Glumpkies
10/03/16		Strawberries/Bananas	Cottage Cheese
		Wheat Thins	Mixed Fruit Cups
Tuesday		Make	Pancakes
10/04/16		Your Own	Fried Potatoes
		Lunch Day	
Wednesday		Chips and Cheese	Spaghetti and Meatballs
10/05/16		Beans	Applesauce
		Apples	Corn
Thursday		Rice/Bean Burritos	Chicken Nuggets
10/06/16		Broccoli	Mixed Veggies
		Oranges	Pineapple
Friday		Tacos	Homemade Pizzas
10/07/16		Salad	Veggie Straws
		Peaches	Apple Slices with PB
Saturday		Fried Veggies	Pork Chops and Potatoes
10/08/16		Rice	Yogurt
		Melon	Plums
Sunday		Eggs Salad on Crackers	Chili
10/09/16		Applesauce	Rolls
		Veggies/Dip	

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