

Week Of:

# Weekly Menu Plan

	Breakfast	Lunch	Dinner
Monday		Veggies/Dip	Roast
09/26/16		Yogurt	Potatoes/Carrots
		Pineapple	Apples
Tuesday		MYO	Kabobs with Veggies
09/27/16		Lunch	Banana Bread
		Day	Oranges
Wednesday		Quesadillas	Veg Beef Soup
09/28/16		Salad	Rolls
		Applesauce	
Thursday		Mac and Cheese	Tacos
09/29/16		Mixed Veggies	Spanish Rice
		Strawberries	Peaches
Friday		English Muffin Pizzas	Parmesan Honey Roast
09/30/16		Applesauce	Baked Sweet Potatoes
		Broccoli	Pineapple
Saturday		Fried Veggies	Grilled Cheese Sandwiches
10/01/16		Rice	Beans
		Melon	Peaches
Sunday		Sandwiches	Spaghetti Pie
10/02/16		Veggie Straws	Garlic Bread
		Mixed Fruit	Broccoli

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