

Week Of:

Weekly Menu Plan

	Breakfast	Lunch	Dinner
Monday		Cheese/sausage/crackers	Stuffed Peppers
10/10/16		Beans	Carrots
		Pineapple	Peaches
Tuesday		Make	Chicken Fried Rice
10/11/16		Your Own	Pudding
		Lunch Day	Apple Slices with PB
Wednesday		Spaghetti	Mac and Cheese
10/12/16		Corn	Acorn Squash
		Applesauce	Mixed Fruit Cups
Thursday		Quesadillas	Pizza Pockets
10/13/16		Salad	Butternut Squash
		Oranges	Plums
Friday		Bagel Sandwiches	BLT's
10/14/16		Broccoli	Beans
		Peaches	Pineapple
Saturday		Fried Veggies	Hamburgers On The Grill
10/15/16		Rice	Oven Baked Potato Slices
		Melon	Apple Slices with PB
Sunday		Grilled Cheese Sandwiches	French Toast
10/16/16		Mixed Veggies	Fried Eggs
		Applesauce	

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