



Meal Plan August 25-September 1 2018

Monday- Breakfast Burritos, American Night
Tuesday- Smoothie & Cereal, Mexican Night
Wednesday- Yogurt Parfait, BBQ Night/Misc. Night
Thursday- Eggs & Hash Browns & Toast, Casserole Night
Friday- Pancakes & Fruit, Italian Night
Saturday- Breakfast Casserole/Muffins/Misc., Dinner Out Night
Sunday- French Toast & Fruit, Asian Night

Snack Ideas:

Vegetables- carrot sticks, sliced bell peppers, celery sticks, cherry tomatoes, cucumber slices, broccoli, cauliflower, sugar snap peas
Fruits- apples, pears, grapes, fresh berries, bananas, orange slices, mandarin oranges, peaches, nectarines, melon, pineapple, apricots
Proteins- hard boiled eggs, hummus, Greek yogurt, cheese slices, cottage cheese, nuts, peanut butter, trail mix
Grains- granola bars, english muffins, graham crackers, waffles, crackers, bagels

Saturday August 25-

- Quiche
- Beef Stroganoff III

Sunday August 26-

- French Toast & Strawberries
- Sweet, Sticky & Spicy Chicken, White Rice & Broccoli

Monday August 27-

- Breakfast Burritos
- Creamed Corn
- Mashed Potatoes
- Meatloaf

Tuesday August 28-

- Smoothie & Cereal
- Chicken Enchilada
- Bean Salad

Wednesday August 30-

- Yogurt Parfait (greek yogurt, sliced fruit, granola)
- Yummy Honey Chicken Kabobs
- Steamed rice
- Strawberry Spinach Salad

Thursday August 31-

- Eggs & Hash Browns & Toast
- Corn Casserole
- Baked Chicken
- Green Beans

Friday September 1-

- Pancakes & Fruit
- Chicken Parmesan

Saturday September 2

- French Toast Casserole