



Meal Plan September 5- September 9, 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

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Wednesday September 5-

- Yogurt Parfait (greek yogurt, sliced fruit, granola)
- [Grilled Salmon](#)
- Steamed rice
- [Jamie's Cranberry Spinach Salad](#)

Thursday September 6-

- Eggs & Hash Browns & Toast
- [Chicken Noodle Casserole I](#)
- Green Beans

Friday September 7-

- Pancakes & Fruit
- [Eggplant Parmesan](#)
- Prepackaged Cesar Salad

Saturday September 8-

- [Christmas Breakfast Sausage Casserole](#)
- [Slow Cooker Beef Stew](#)
- French Bread

Sunday September 9-

- French Toast & Strawberries
- [Szechuan Shrimp](#)
- White Rice
- Steamed Broccoli