



Meal Plan September 10-16, 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

Monday September 10-

- Breakfast Burritos
- [Honey Baked Chicken](#)
- [Creamy Au Gratin Potatoes](#)

Tuesday September 11-

- Smoothie & Cereal
- [Fish tacos](#)

Wednesday September 12-

- Yogurt Parfait (greek yogurt, sliced fruit, granola)
- OUT

Thursday September 13-

- Eggs & Hash Browns & Toast
- [Easy Mexican Casserole](#)

Friday September 14-

- Pancakes & Fruit
- [Pesto Chicken Florentine](#)
- Cesar salad

Saturday September 15-

- [Banana Crumb Muffins](#)
- [Stuffed Green Peppers](#) (or OUT)

Sunday September 16-

- French Toast & Berries
- [Curried Coconut Chicken](#)