



Meal Plan September 17-23, 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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Monday September 17-

- Breakfast Burritos
- [Chuck's Favorite Mac N Cheese](#)
- [Garlic Chicken](#)
- Steamed Green Beans

Tuesday September 18-

- Smoothie & Cereal
- [Slow Cooker Chicken Taco Soup](#)

Wednesday September 19-

- Yogurt Parfait (greek yogurt, sliced fruit, granola)
- [Slow Cooker French Dip](#)
- [Barbie's Tuna Salad](#)
- [Baked French Fries I](#)

Thursday September 20-

- Eggs & Hash Browns & Toast
- [Chicken Pot Pie IX](#)

Friday September 21-

- Pancakes & Fruit
- [Make Your Own Pizza](#)

Saturday September 22-

- [Banana Crumb Muffins](#)
- OUT

Sunday September 23-

- French Toast & Berries
- [Chicken Tikka Masala](#)
- Steamed White Rice
- Naan Bread