



Meal Plan September 24-30, 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 24-

- Breakfast Burritos
- [Sloppy Joes II](#)
- Chips

Tuesday September 25-

- Smoothie & Cereal
- [Angela's Awesome Enchiladas](#)

Wednesday September 26-

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

Thursday September 27-

- Eggs & Hash Browns & Toast
- [Grandma's Green Bean Casserole](#)
- [Hamburger Steak with Onions and Gravy](#)
- Oven roasted red potatoes

Friday September 28-

- Pancakes & Fruit
- [Cajun Chicken Pasta](#)

Saturday September 29-

- French Toast & Berries
- [Japanese Chicken Wings](#)
- Steamed White Rice
- [Broccoli with Garlic Butter and Cashews](#)

Sunday September 30-

- [Mom's Zucchini Bread](#)
- Appetizers for dinner (football): [Coconut Shrimp I](#)
- [Buffalo Chicken Dip](#)
- [Jalapeno popper spread](#)