







Weekly meal planner



WEEK 1

MONDAY	TUESDAY	WEDNESDAY
<p>Breakfast: Whole wheat waffles, milk</p> <p>Morning Snack: Mixed fruits, yogurt</p> <p>Lunch: Spaghetti with marinara sauce, mixed green salad</p> <p>Afternoon Snack: Whole grain pita chips, guacamole</p>	<p>Breakfast: Whole wheat pancakes, milk</p> <p>Morning Snack: Carrot sticks, yogurt dip</p> <p>Lunch: Turkey and cheese sandwich on whole grain bread, cucumber & tomato slices</p> <p>Afternoon Snack: Mixed fruit cup, whole grain granola bar</p>	<p>Breakfast: Cereal, milk</p> <p>Morning Snack: Celery sticks, cream cheese</p> <p>Lunch: Baked fish sticks, corn, steamed carrots</p> <p>Afternoon Snack: Smoothie (fruits, vegetables, and yogurt)</p>
THURSDAY	FRIDAY	 
<p>Breakfast: Scrambled eggs, whole wheat toast, milk</p> <p>Morning Snack: Grapes, whole grain pretzels</p> <p>Lunch: Baked chicken nuggets, sweet potato fries steamed peas</p> <p>Afternoon Snack: Rice cakes, sunflower seed butter, apple slices guacamole</p>	<p>Breakfast: Whole grain cereal, milk</p> <p>Morning Snack: Cucumber, cheddar cubes</p> <p>Lunch: Meatballs, brown rice, green beans</p> <p>Afternoon Snack: Watermelon, whole grain graham crackers</p>	

WEEK 2

MONDAY	TUESDAY	WEDNESDAY
<p>Breakfast: Oatmeal, milk</p> <p>Morning Snack: Apple slices, cheese sticks</p> <p>Lunch: Pasta with Alfredo sauce, steamed broccoli</p> <p>Afternoon Snack: Whole grain crackers, hummus</p>	<p>Breakfast: Scrambled eggs with vegetable, whole wheat toast, milk</p> <p>Morning Snack: Sliced bell peppers, hummus</p> <p>Lunch: Tuna salad sandwich on whole grain bread carrot sticks</p> <p>Afternoon Snack: Cottage cheese, pineapple chunks</p>	<p>Breakfast: Whole wheat pancakes, milk</p> <p>Morning Snack: Mixed fruits, cheese cubes</p> <p>Lunch: Meatball and vegetable stew, dinner roll</p> <p>Afternoon Snack: Trail mix (dried fruit, nuts, whole grain cereal)</p>
THURSDAY	FRIDAY	 
<p>Breakfast: Whole grain bagel with cream cheese, milk</p> <p>Morning Snack: Cucumber slices, ranch dip</p> <p>Lunch: Burrito Bowl</p> <p>Afternoon Snack: Yogurt with granola</p>	<p>Breakfast: French toast sticks, milk</p> <p>Morning Snack: Mixed fruites, string cheese</p> <p>Lunch: Pizza, house salad</p> <p>Afternoon Snack: Whole grain muffins, apple slices</p>	