





Weekly meal planner



WEEK 1

MONDAY	TUESDAY	WEDNESDAY
<p>Breakfast: PB & Banana, Milk</p> <p>Morning Snack: Yogurt</p> <p>Lunch: Pasta with Marinara Sauce, Steamed Vegetables</p> <p>Afternoon Snack: Whole Grain Crackers, Banana, Milk</p>	<p>Breakfast: Persian Sangak & Cream Cheese, Milk</p> <p>Morning Snack: Cheese Sticks</p> <p>Lunch: Baked Chicken Nuggets, Potato Wedges</p> <p>Afternoon Snack: Dried Ccranberies, Whole Grain Granola Bar, Milk</p>	<p>Breakfast: Whole Wheat Pancakes, Milk</p> <p>Morning Snack: Apple Slices</p> <p>Lunch: Pommies Frittata, Mixed Green Salad</p> <p>Afternoon Snack: Mixed Fruit Cup, Rice Cakes, Milk</p>
THURSDAY	FRIDAY	 
<p>Breakfast: Whole Wheat Waffles, Milk</p> <p>Morning Snack: Whole grain pretzels</p> <p>Lunch: Meatball Stew & Sangak</p> <p>Afternoon Snack: Whole Grain Granola Bar, Banana, Milk</p>	<p>Breakfast: Whole Wheat Cereal, Milk</p> <p>Morning Snack: Tangeriens</p> <p>Lunch: Pizza, House Salad</p> <p>Afternoon Snack: Crossiant, Raisins, Milk</p>	

WEEK 2

MONDAY	TUESDAY	WEDNESDAY
<p>Breakfast: PB & Banana, Milk</p> <p>Morning Snack: Apple Slices</p> <p>Lunch: Butter Noodles, Steamed Vegetables</p> <p>Afternoon Snack: Whole Grain Crackers, Banana, Milk</p>	<p>Breakfast: Persian Sangak & Cream Cheese, Milk</p> <p>Morning Snack: Animal Crackers</p> <p>Lunch: Kebab Rolls, With House Salad</p> <p>Afternoon Snack: Dried Ccranberies, Whole Grain Granola Bar, Milk</p>	<p>Breakfast: Whole Wheat Pancakes, Milk</p> <p>Morning Snack: Tangeriens</p> <p>Lunch: Creamy Scrambled Eggs Sandwich, With House Salad</p> <p>Afternoon Snack: Mixed Fruit Cup, Rice Cakes, Milk</p>
THURSDAY	FRIDAY	 
<p>Breakfast: Whole Wheat Waffles, Milk</p> <p>Morning Snack: Cucumber slices</p> <p>Lunch: Chicken Stew & Sangak</p> <p>Afternoon Snack: Whole Grain Granola Bar, Banana, Milk</p>	<p>Breakfast: Whole Wheat Cereal, Milk</p> <p>Morning Snack: Veggie Straws</p> <p>Lunch: Baked Fish Sticks, Steamed Vegetables</p> <p>Afternoon Snack: Crossiant, Raisins, Milk</p>	

Meal plans repeat bi-weekly: Weeks 1 & 3 are the same, Weeks 2 & 4 are the same.