



|                  | Monday                                 | Tuesday  | Wednesday                                 | Thursday                                  | Friday  | Saturday                                       | Sunday   |
|------------------|--|--|---|---|---|--|--|
| <b>Breakfast</b> | Cereal<br>Strawberries<br>2% Milk      | Toast<br>Peanut Butter<br>Banana   | Cereal<br>Strawberries<br>2% Milk         | Toast<br>Peanut Butter<br>Banana          | Cereal<br>Strawberries<br>2% Milk   | Toast<br>Peanut Butter<br>Banana               | Toast<br>Peanut Butter<br>Banana                     |
| <b>Lunch</b>     | Turkey<br>Sandwich Apple<br>Baked Lays | Turkey Sandwich<br>Apple<br>Baked Lays   | Turkey<br>Sandwich<br>Apple Baked<br>Lays | Turkey<br>Sandwich<br>Apple Baked<br>Lays | Turkey<br>Sandwich<br>Apple Baked<br>Lays                                     | Leftovers from<br>Friday Dinner                | Turkey<br>Sandwich<br>Apple Baked<br>Lays            |
| <b>Snack</b>     | Popcorn                                | Grapes   | Popcorn                                   | Grapes                                    | Popcorn   | Peanuts  | Peanuts  |
| <b>Dinner</b>    | Baked Chicken<br>Broccoli<br>Rice      | Chicken Tacos<br>(Chicken strips,<br>peppers, onions,<br>taco spice,<br>tortillas), Rice<br>from yesterday | Left over Taco<br>Stuff                   | Baked Chicken<br>Broccoli<br>Rice         | Homemade<br>Pizza with low<br>fat cheese,<br>peppers,<br>onions,<br>mushrooms | Pork Tenderloin<br>Sweet Potato<br>Green Beans | Rotisserie<br>Chicken from<br>grocery store<br>Salad |



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| <b>Lunch</b>     |        |         |           |          |        |          |        |
| <b>Snack</b>     |        |         |           |          |        |          |        |
| <b>Dinner</b>    |        |         |           |          |        |          |        |