



MONTHLY MEAL PLAN

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

BREAKFAST:
WHOLE GRAIN OATMEAL
MANDARIN ORANGES
MILK
AM SNACK:
STRAWBERRIES
MILK
LUNCH:
CHICKEN NUGGETS
MIXED VEGGIES
HONEYDEW MELON
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
CREAM OF WHEAT
MANDARIN ORANGES
MILK
AM SNACK:
PLAIN CHEERIOS
WATER
LUNCH:
SALISBURY STEAK
GREEN PEAS
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
WHOLE GRAIN OATMEAL
MANDARIN ORANGES
MILK
AM SNACK:
BANANAS
WHEAT THINS
WATER
LUNCH:
SPAGHETTI WITH MEAT SAUCE
BOILED CARROTS
STRAWBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
YOGURT
STRAWBERRIES
MILK
AM SNACK:
BLUEBERRIES
MUFFINS
MILK
LUNCH:
HARD SHELL BEEF TACOS
RICE
MANDARIN ORANGES
MILK

TUE

BREAKFAST:
WHOLE GRAIN OATMEAL
MANDARIN ORANGES
MILK
AM SNACK:
GRAHAM CRACKERS
MILK
LUNCH:
TURKEY AND CHEESE
SANDWICHES
STEAMED BROCCOLI
SLICED APPLES
MILK

BREAKFAST:
KIX CEREAL (ORIGINAL)
MILK
AM SNACK:
BLUEBERRIES
WATER
LUNCH:
SUNBUTTER AND JELLY
SANDWICHES
MIXED VEGETABLES
MANDARIN ORANGES
MILK

BREAKFAST:
CREAM OF WHEAT
BANANA
MILK
AM SNACK:
RAISIN TOAST
WATER
LUNCH:
BAKED CHICKEN
SWEET POTATO FRIES
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
WAFFLES
BLUEBERRIES
MILK
AM SNACK:
WHEAT THINS
WATER
LUNCH:
CHICKEN NUGGETS
GREEN BEANS
BANANA
MILK

WED

BREAKFAST:
BLUEBERRY MUFFINS
APPLE SAUCE
MILK
AM SNACK:
BANANA
WATER
LUNCH:
CREAM OF CHICKEN PASTA
PEAS AND CARROTS
APPLE SLICES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
CHEERIOS (PLAIN)
MILK
AM SNACK:
APPLE SLICES
WATER
LUNCH:
GRILLED CHEESE SANDWICHES
MIXED VEGGIES
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
PANCAKES
STRAWBERRIES
MILK
AM SNACK:
BANANA BREAD
WATER
LUNCH:
MACARONI AND CHEESE
GREEN BEANS
MANDARIN ORANGES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
WHOLE GRAIN OATMEAL
MILK
AM SNACK:
BLUEBERRY MUFFINS
APPLE SLICES
WATER
LUNCH:
SWEDISH MEATBALLS
BAKED CARROTS
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

THU

BREAKFAST:
WHOLE GRAIN OATMEAL
MANDARIN ORANGES
MILK
AM SNACK:
WHEAT THINS
MILK
LUNCH:
CHICKEN NUGGETS
BOILED CARROTS
MANDARIN ORANGES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
CREAM OF WHEAT
BLUEBERRIES
MILK
AM SNACK:
BANANA
MILK
LUNCH:
CHICKEN TAQUITOS
GREEN BEANS
MANDARIN ORANGES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
PANCAKES
STRAWBERRIES
MILK
AM SNACK:
MANDARIN ORANGES
MILK
LUNCH:
ALFREDO PASTA
MIXED VEGGIES
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
CHOCOLATE MUFFINS
MILK
AM SNACK:
BLUEBERRIES
MILK
LUNCH:
WHOLE GRAIN SPAGHETTI AND
MEAT SAUCE
MIXED VEGGIES
MANDARIN ORANGES
SLICE OF WHOLE GRAIN BREAD
MILK

FRI

BREAKFAST:
BANANA MUFFINS
STRAWBERRIES
MILK
AM SNACK:
APPLE SLICES
MILK
LUNCH:
CREAM OF CHICKEN PASTA
CUCUMBER
PEACHES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
WHOLE GRAIN OATMEAL
MANDARIN ORANGES
MILK
AM SNACK:
BLUEBERRIES
MILK
LUNCH:
HOT HAM & CHEESE SANDWICH
MIXED VEGGIES
MANDARIN ORANGES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
BLUEBERRY MUFFINS
MILK
AM SNACK:
STRAWBERRIES
MILK
LUNCH:
CHICKEN AND VEGGIE STIR FRY
STRAWBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK

BREAKFAST:
CORNBREAD MUFFINS
MANDARIN ORANGES
MILK
AM SNACK:
WHEAT THINS
MILK
LUNCH:
CHICKEN NUGGETS
BLUEBERRIES
SLICE OF WHOLE GRAIN BREAD
MILK