



Weekly Meal Plan Sample

*All meals are served with milk/or water

*All ingredients are age appropriate for toddlers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole grain toast, crème cheese and sliced bananas	Scrambled eggs with cheese, whole wheat toast with a side of mixed berries	Greek Yogurt with mixed berries and high protein granola	Pancakes with strawberries	Oatmeal with cinnamon, diced apples & a drizzle of honey
AM Snack	Mandarin and string cheese	Whole grain cereal bar and milk	Veggie Sticks: Carrots, Bell Peppers, Celery with ranch dressing.	Sliced Peaches and Cottage Cheese	Hard boiled egg and orange slices
Lunch	Baked chicken tenders (not breaded) white rice and broccoli	Mini Homemade Cheeseburger Sliders with sweet potatoes and apple slices	Grilled Cheese Sandwich with tomato Soup and grapes	Whole grain pasta with tomato sauce and meatballs, side of steamed green beans	Chicken quesadillas with beans and corn
PM Snack	Baby Carrots and hummus Substitution: Ranch	Whole grain crackers with cheese	Apple Slices with Peanut Butter	Turkey and Cheese roll-ups	Greek yogurt with granola

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	French toast sticks with yogurt and banana slices	Scrambled eggs with whole wheat toast and avocado	Greek yogurt with chia seeds and mixed berries	Whole grain pancakes with blueberries and a drizzle of honey	whole grain bread spread with peanut butter and banana sliced
AM Snack	Sliced cucumbers with hummus	Wholegrain crackers with cheese	Trail mix and dried fruit	Baby carrots with ranch dip	Sliced peaches and yogurt
Lunch	Albondigas Soup	Tuna Salad with mayo, with whole wheat bread and/or saltine crackers	Grilled chicken with quinoa and roasted sweet potatoes	Mac and Cheese with broccoli and side of sliced apples	Turkey meatballs with rice and string beans
PM Snack	Apple sliced with almond butter	Fruit salad	Hard boiled egg with whole wheat crackers	Cheese cubes and whole wheat pretzels	Celery sticks and apple slices with almond butter

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole wheat toast with almond butter and apple slices	Scrambled eggs with cheese and whole grain English muffin	Oatmeal with choice of toppings: Berries, banana, cinnamon	Whole grain waffles with a drizzle of syrup and blueberries	Greek yogurt with granola and strawberries
AM Snack	Grapes and string cheese	Wholegrain cereal with milk	Hard boiled egg and whole wheat crackers	Mandarin and cottage cheese	Baby carrots and ranch
Lunch	Sopita (noodle soup)	Spaghetti with mandarin orange	Grilled chicken with white rice and broccoli with choice of fruit	Lentil soup with wholewheat bread and cherry tomatoes	Grilled cheese with tomato soup and apple slices
PM Snack	Watermelon with cheese cubes	Apple slices with peanut butter	Wholegrain pretzels and cheese cubes	Turkey and cheese roll ups	Trail mix with dried food ups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	French toast with yogurt and sliced bananas	Scrambled eggs with wholewheat toast and berries	Greek yogurt with granola and mixed berries	Pancakes with peanut butter and banana slices	Oatmeal with diced apples, cinnamon and a drizzle of honey
AM Snack	Grapes and cheese	Baby carrots with ranch	Cucumbers and hummus	Apple slices and peanut butter	Whole wheat cereal bar with milk
Lunch	Chicken Quesadillas – side of beans and avocado	Chicken noodle soup with pear slices	Grilled chicken with white rice and broccoli with choice of fruit	Fish sticks mashed potatoes and broccoli	Spaghetti with cucumber and ranch dip
PM Snack	Apple slices and almond butter	Cheese cubes with whole grain pretzel	Hardboiled egg with whole wheat crackers	Cubes of cheese paired with fruit	Trail mix with dried fruit