



Weekly Meal Plan



Month of: _____

Monday	Tuesday	Wednesday	Thursday	Friday
AM Milk Hummus Carrots	Milk Oatmeal Berries	Milk Veggie sticks Clementine	Milk Apple Yogurt	Milk Raisins Challa
PM Peanut butter & Jelly sandwich	Celery Creamcheese- Crackers	Cheese Stick Broccoli	Banana Chex mix	Apple Pretzels
AM Milk Cheerios Strawberries	Milk Tea biscuits Grapes	Milk Hummus Pretzels	Milk Oatmeal Raisins Apple	Milk Raisins Challa
PM Veggie Sticks Cucumber	Cream Cheese - Sandwich Cucumbers	Cream Cheese- Crackers Pear	Pretzel Sticks Banana	Cantaloupe Granola Bar
AM Milk Waffles Blueberries	Milk Oatmeal Strawberries	Milk Pancakes Peach	Milk Peanut butter & Jelly sandwich	Milk Raisins Challa
PM Celery Cream Cheese- Crackers	Oranges Granola Bar	Hummus Carrots	Banana Velvita Crackers	Graham Crackers Orange
AM Milk Boiled Eggs Mini bagels	Milk Avocado Pita Chips	Milk Cherrios Banana	Milk Pancakes Strawberries	Milk Raisins Challa
PM Tea Biscuit Watermelon	Blueberry Muffins	Apple Peanut Butter	Apple Peanut butter	Cheerios Banana