

AUGUST

ALL ORDERS MUST BE EMAILED TO ORDERS@POWERFITTX.COM
TEXT OR CALL 346-932-7205 IF NEEDED!

2022

Meals brought to you by Powerfitprep.com

INSTRUCTIONS:

CIRCLE THE ITEMS THAT YOUR CHILD NEEDS DELIVERED ON EACH DAY. PLACE AN "A" OVER THE DATE THAT YOUR CHILD NEEDS A MEAL BUT WILL NEED THE ALTERNATE MEAL.

ALL MEALS ARE \$3.55 EACH.

DESSERT BITES ARE \$1 EACH.

ALTERNATE MEAL :

CKN NUGGETS+RICE+GREENS

DESSERT:

BROWNIE BITE

MEALS _____ + DESSERTS _____ = TOTAL \$ _____



MONDAY	TUESDAY	WEDNESDAY	FRIDAY
1 PARMESAN CKN W/ RICE	2 CHEESY CKN NOODLES	3 SALISBURY STK BITES W/ RICE	5 CHEESEBURGER BITES
8 TACO TURKEY QUESADILLAS	9 CHEESY CKN W/ NOODLES	10 BEEF SPAGHETTI	12 TERIYAKI CKN WITH RICE
15 CKN PITA PIZZA	16 CKN QUESADILLAS	17 CKN & CHEESE TAQUITOS	19 CHEESEBURGER BITES
22 CHEESY CKN NOODLES	23 SALISBURY STEAK BITES WITH RICE	24 TACO TURKEY QUESADILLAS	26 PARMESAN CKN W/ RICE
29 TERIYAKI CKN WITH RICE	30 HONEY MUSTARD CKN W/ RICE	31 HONEY GARLIC CKN PASTA	ALL MEALS SERVED WITH VEGGIES+FRUITS