

NOVEMBER

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 CKN QUESADILLAS	2 HONEY MUSTARD CKN W/ RICE	4 CHEESEBURGER BITES
7 TACO TURKEY QUESADILLAS	8 PARMESAN CKN W/ RICE	9 BEEF SPAGHETTI	11 TERIYAKI CKN WITH RICE
14 CKN PITA PIZZA	15 HONEY MUSTARD CKN W/ RICE	16 CKN & CHEESE TAQUITOS	18 SALISBURY STK BITES W/ RICE
21 CHEESY CKN NOODLES	22 SALISBURY STEAK BITES WITH RICE	23 TACO TURKEY QUESADILLAS	25 CKN PITA PIZZA
28 TERIYAKI CKN WITH RICE	29 HONEY GARLIC CKN PASTA	30 CHEESY CKN NOODLES	ALL MEALS SERVED WITH VEGGIES+FRUITS