



MEAL PLANNER

BREAKFAST

LUNCH

DINNER

SNACKS

MON

CINNAMON
TOAST &
OVER-EASY
EGGS

CHEESE
QUESADILLAS

CHILI
CORN CHIPS
AVOCADO, SALSA, SOUR
CREAM, ONIONS

BANANAS & PB

TUE

YOGURT
& FRUIT
PARFAITS

CHICKEN
WRAPS

BBQ CHICKEN
MAC AND CHEESE
APPLE SLICES

HOMEMADE
TRAIL MIX

WED

WAFFLES,
FRUIT,
FRIED EGGS

TURKEY
COLBY JACK
PANINIS

BEEF
STROGANOFF
SALAD

ROASTED
CHICKPEAS

THU

PB&J
OATMEAL

PASTA SALAD

CAJUN BEANS
AND RICE
CORN BREAD

HUMMUS,
VEGGIES

FRI

BREAKFAST
QUESADILLAS

BEAN AND
CHEESE
BURRITO

CHICKEN POT
PIE (MINIS)
FRUIT SALAD

DIY POPSICLES

SAT

MUFFINS,
SCRAMBLED
EGGS

HAM AND CHEESE
CALZONES

BBQ CHICKEN
FLATBREAD
CUCUMBER SLICES,
APPLE SAUCE

CHEESE,
DIY CRACKERS

SUN

APPLE PIE
OVERNIGHT
OATS

PIZZA
SALAD

POT ROAST
CARROTS, POTATOES,
DINNER ROLLS

OATMEAL
COOKIES