

# MEAL PLANNER

## BREAKFAST

**MON**  
CINNAMON  
TOAST &  
OVER-EASY  
EGGS

**TUE**  
YOGURT  
& FRUIT  
PARFAITS

**WED**  
WAFFLES,  
FRUIT,  
FRIED EGGS

**THU**  
PB&J  
OATMEAL

**FRI**  
BREAKFAST  
QUESADILLAS

**SAT**  
MUFFINS,  
SCRAMBLED  
EGGS

**SUN**  
APPLE PIE  
OVERNIGHT  
OATS

## LUNCH

CHEESE  
QUESADILLAS

CHICKEN  
WRAPS

TURKEY  
COLBY JACK  
PANINIS

PASTA SALAD

BEAN AND  
CHEESE  
BURRITO

HAM AND CHEESE  
CALZONES

PIZZA  
SALAD

## DINNER

CHILI  
CORN CHIPS  
AVOCADO, SALSA, SOUR  
CREAM, ONIONS

BBQ CHICKEN  
MAC AND CHEESE  
APPLE SLICES

BEEF  
STROGANOFF  
SALAD

CAJUN BEANS  
AND RICE  
CORN BREAD

CHICKEN POT  
PIE (MINIS)  
FRUIT SALAD

BBQ CHICKEN  
FLATBREAD  
CUCUMBER SLICES,  
APPLE SAUCE

POT ROAST  
CARROTS, POTATOES,  
DINNER ROLLS

## SNACKS

BANANAS & PB

HOMEMADE  
TRAIL MIX

ROASTED  
CHICKPEAS

HUMMUS,  
VEGGIES

DIY POPSICLES

CHEESE,  
DIY CRACKERS

OATMEAL  
COOKIES