

nb	Meal Plan May 2014		Key: Breakfast, Lunch, Snack, Dinner			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr 27	28	29	30	May 1	2	3
	Waffles, Fruit Chicken Nuggets/Fruit/Nuts Grapes, Cheese & Crackers	Smoothies/ Oatmeal Pizza Bites (English Muffin, pizza sauce, cheese, toppings) Frozen Gogurt	Smoothies/French Toast/Bacon Egg salad, fruit, pretzel sticks Apples & Peanut Butter	Cereal/Fruit Grilled Turkey & Cheese <u>Homemade Granola Bars</u>	Smoothies/Egg, ham, cheese Mini-Bagels Fish Sticks, veggie, rice Veggies & Ranch Dip Pizza	Chicken Fried Rice
4	5	6	7	8	9	10
Crab Rangoon, rice, veggie	Waffles, Fruit Grilled Cheese//Fruit Crackers w/pumpkin butter Baked Mozzarella Rolls	Smoothies/Oatmeal Chicken Salad Sandwich/Fruit <u>Soft Pretzels</u> Blackbean Taco soup	Smoothies/French Toast Mac-n-Cheese, veggies w/ranch Parfait (layered yogurt, fruit, granola) Pasta w/Kale, beans, & Sausage	Cereal/Fruit PB & Honey /Fruit/Pretzels Hot Chocolate, marshmallows and graham crackers Ginger Cranberry Pork Roast	Egg, ham, cheese Mini-Bagels Hotdog/fruit/chips Sliced cheese, meat, crackers Pizza	Grilled Greek Chicken, veggie, rolls
11	12	13	14	15	16	17
Italian grilled Chicken Thighs, salad	Waffles, Fruit Grilled Ham, Cheese , Fruit Sliced Apples with Peanut Butter Sloppy Joe Turnovers/Veggie	Smoothies/Oatmeal Meatballs/veggies/pretzels <u>Fruit Salsa</u> & Tortilla Chips Taco Salad	Smoothies/French Toast/Bacon Mini Pizzas(English Muffin, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks Acorn Squash Baked Ravioli	Cereal/Fruit Ham & Cheese Tortilla Pinwheels/Crackers & Pumpkin Butter Veggies & Ranch Dip Potato Soup, half sandwich	Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Fruit Diced Orange, Apple, Craisin & Walnut Salad Pizza	Cilantro Lime Chicken, veggie
18	19	20	21	22	23	24
Creamy Chicken Casserole	Waffles, Fruit Tuna Salad Sandwich /Fruit/ Cheese Stick Cheese and Crackers Meatloaf, Potatoes, veggie	Smoothies/Oatmeal PB&J, fruit, Chex Mix Taco Chicken Bowls	Smoothies/French Toast Mac-n-Cheese, veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Chicken Parmesan Casserole	Cereal/Fruit Turkey & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla pinwheels Teriyaki Pork Chops, veggie	Smoothies/Egg, ham, cheese Mini-Bagels Hotdog./fruit/chips Veggies & Ranch Dip Pizza	Chicken Pot Pie
25	26	27	28	29	30	31
BBQ Beef Teriyaki, veggie	Waffles, Fruit	Smoothies/Oatmeal Meatballs/veggies/pretzels	Smoothies/French Toast/Bacon	Cereal/Fruit Ham Sandwich, fruit, pretzels	Smoothies/Egg, ham, cheese scramble	Spanakopita, rolls

	Chicken Nuggets, Fruit, Fishes String Cheese and fruit Cheeseburgers, salad	Parfait (layered yogurt, fruit, granola) PW Enchiladas	Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Leftovers!	Frozen Gogurt Crockpot Meatball subs, veggie	PB&J, fruit Trail Mix Pizza	
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