

MEAL PLAN

Meal:	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes & Bananas with Milk. Water	7 grain bread with honey. Honeydew. Milk & Water.	French Toast with blueberries. Strawberries Milk & Water.	English Muffins with homemade jam. Kiwi. Milk & Water.	Homemade pancakes with strawberries. Milk & Water.
Lunch	Homemade spaghetti bolognese with diced carrots and celery over surprised shaped noodles. Melon. Milk & Water.	Spanish Rice with trio peppers and corn with cheese. Mixed Fruit Salad. Milk & Water.	Chicken & Vegetable Stir Fry over egg noodles. Pineapple. Milk & Water.	Lentil Stew with broccoli, carrots & peas over seasoned rice. Cantaloupe. Milk & Water.	Baked sweet potato & chickpea creamy baked macaroni and cheese casserole. Kiwi. Milk & Water.
PM Snack	Homemade blueberry muffins. Apples. Milk & Water.	English Muffins with homemade jam. Oranges. Milk & Water.	Whole Wheat toast and homemade strawberry jam. Honeydew. Milk & Water.	Homemade strawberry pancakes. Apples. Milk & Water.	Homemade blueberry & Oatmeal muffins. Cantaloupe. Milk & Water