



SAMPLE MENU

MONDAY

Breakfast	Waffles with Strawberries and Whipped Cream
Lunch	Chicken Caesar Wraps
Afternoon Snack	Watermelon Slices
Dinner	Hamburgers with Curly Fries
Bedtime Snack	Chocolate Chip Cookies

TUESDAY

Breakfast	French Toast with Syrup
Lunch	Tacos with Beyond Steak, Cheese, Sour Cream, and Salsa
Afternoon Snack	Nutri-Grain Bars
Dinner	Roasted Chicken with Rice and Veggies
Bedtime Snack	Deep'n Delicious Cake

WEDNESDAY

Breakfast	Muffins (Blueberry and Carrot)
Lunch	Meatball Subs
Afternoon Snack	Bear Paws
Dinner	Penne Alfredo with Garlic Toast
Bedtime Snack	Ice Cream Cups

THURSDAY

Breakfast	Muffins (Blueberry and Carrot)
Lunch	Tortellini with Pesto and Parmesan Cheese
Afternoon Snack	Apples
Dinner	Burritos with Tortillas, Rice, Beyond Steak, Sour Cream, Cheese, and Salsa
Bedtime Snack	Doughnut Holes with Cinnamon Sugar

FRIDAY

Breakfast	Scrambled Eggs and Hashbrowns
Lunch	Pizza Buns
Afternoon Snack	Bananas
Dinner	Shabbat Chicken with Mashed Potatoes, Gravy, and Vegetables
Bedtime Snack	Ice Cream Sandwiches

SATURDAY

Breakfast	Pancakes with Syrup
Lunch	Noodle Kugel with Sour Cream and Strawberries
Afternoon Snack	Chewy Bars
Dinner	Chicken Fingers with Fries and Honey Dill Sauce
Bedtime Snack	Popsicles

SUNDAY

Breakfast	Bagels with Cream Cheese
Lunch	Cold Cuts: City Bread Rye, Roast Turkey Breast, Egg Salad, and Pickles
Afternoon Snack	Cantaloupe
Dinner	Pizza Party!
Bedtime Snack	Popcorn