

Meal Plan February-March 2012

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19 Homemade Cinnamon Rolls Leftovers/OYO Meal Popcorn Enchilada, beans/rice, salad	20 Oatmeal/Fruit/Milk Mac & Cheese Cheese & Crackers Chicken & Rice Stir Fry, salad	21 Pancake/Fruit/Milk Chili, Veggie Apples & Peanut Butter Crockpot: Chicken Lettuce Wraps, salad	22 Muffins/Fruit/Milk Soup, Fruit, Veggie Homemade Pretzels Homemade Chicken Noodle Soup, salad	23 French Toast/Fruit/Milk Sandwich, Fruit, Veggie Popcorn Spaghetti & Meatballs, Caesar Salad	24 Egg Sandwich/Fruit/Milk Grilled Cheese Sandwich & Fruit Veggies & Ranch Dip Taco Salad, Beans/Rice	25 On Your Own Meals Pot Roast Meal, salad
26 Waffles, Sausage Leftovers/OYO Meal Popcorn Chef Salad	27 Egg Sandwich/Fruit/Milk Grilled Cheese Sandwich & Fruit Cheese & Crackers Chili & Cornbread, Salad	28 Oatmeal/Fruit/Milk Mac & Cheese Apples & Peanut Butter Crockpot: Navy Bean & Ham Soup, Salad	29 Pancake/Fruit/Milk Chili, Veggie Homemade Pretzels Lemon Pepper Quinoa with Chicken, broccoli, salad	1 Muffins/Fruit/Milk Sandwich, Fruit, Veggie Popcorn Leek & Potato Soup, Salad	2 French Toast/Fruit/Milk Soup, Fruit, Veggie Veggies & Ranch Dip Salmon, Rice & Asparagus	3 On Your Own Meals Turkey Meal
4 Hashbrown,Eggs Leftovers/OYO Meal Popcorn Shepherd's Pie	5 French Toast/Fruit/Milk Soup, Fruit, Veggie Cheese & Crackers Chicken & Rice Stir Fry, Salad	6 Egg Sandwich/Fruit/Milk Grilled Cheese Sandwich & Fruit Apples & Peanut Butter Crockpot: Barbecue Chicken, Beans, Salad	7 Oatmeal/Fruit/Milk Mac & Cheese Homemade Pretzels Tacos, Rice, Beans, Salad	8 Pancake/Fruit/Milk Sandwich, Fruit, Veggie Popcorn Meatloaf, Baked Potato, green beans, salad	9 Muffins/Fruit/Milk Chili, Veggie Veggies & Ranch Dip Sesame Chicken Stir-Fry, Rice, Salad	10 On Your Own Meals Fried Chicken Meal
11 Homemade Cinnamon Rolls Leftovers/OYO Meal Popcorn Crockpot: Caribbean Jerk Chicken	12 Pancake/Fruit/Milk Chili, Veggie Cheese & Crackers Hamburgers, Fries, Salad	13 French Toast/Fruit/Milk Soup, Fruit, Veggie Apples & Peanut Butter Crockpot: Applesauce Chicken, Noodles, Salad	14 Egg Sandwich/Fruit/Milk Grilled Cheese Sandwich & Fruit Homemade Pretzels Crockpot: Barbecue Meatballs, Noodles, Salad	15 Oatmeal/Fruit/Milk Sandwich, Fruit, Veggie Popcorn Baked Rosemary Lemon Garlic Chicken, Rice, Lettuce	16 Pancake/Fruit/Milk Mac & Cheese Veggies & Ranch Dip Southwest Pasta Skillet, Salad	17 On Your Own Meals Pizza Meal