

Spring 2021

Meal plan for the week

	Breakfast	Lunch	Snack
Monday	Oatmeal with Dried and Fresh Fruit	Hummus with Whole Wheat Pita and Pickles	Almonds and Dried Fruit
Tuesday	Cereal (Cheerios, Fruit Loops)	Bagel Pizzas, Carrots and Bell Peppers	Smoothie
Wednesday	Peanut Butter or Regular Toast and Fresh Fruit	Mac&Cheese, Hotdogs, Green Beans	Cracker Medley and Dip
Thursday	Pancakes and Breakfast Sausage	Turkey and Bacon Wraps, Chips, Fresh Fruit	Popcorn
Friday	Scrambled Eggs, Fried Potatoes, and Fresh Fruit	Grilled Cheese and Soup	Trail Mix

Other Lunch Ideas:

- Spaghetti and Garlic Bread
- Peanut Butter and Jelly
- Chicken Nuggets and Tater Tots
- Meatballs and Mashed Potatoes
- Chili and Corn Bread
- Tacos
- Soup and Salad

November 2–8

Shopping List

[illegible]