

Breakfasts:

Monday—French Toast Sticks or Waffles

Tuesday—Egg dish like breakfast burritos or egg mcmuffin

Wednesday—Yogurt & Bagels or Yogurt shakes and toast

Thursday—Sausage & Hard-Boiled or Scrambled Eggs

Friday—Egg dish, like egg casserole

Saturday—Waffles, Pancakes or crepes

Sunday—Muffins, scones or cinnamon rolls

Lunches:

Monday—Chicken Salad or Chicken Salad Sandwiches with an apple

Tuesday—Chicken Nuggets and Yam Fries or Fish Sticks and Yam Fries

Wednesday—Grilled Cheese Sandwiches with Veggies

Thursday—Ham & Cheese, Veggies & Dip

Friday—Polish Sausage and veggies

Saturday—Leftover pizza

Sunday—Big Meal

Dinners:

Monday—chicken

Tuesday—Pasta

Wednesday—Soup

Thursday—Meat or casserole

Friday -homemade pizza

Saturday—Barbecue

Sunday—Roasts or turkey