

Fall Meal Plan

Snacks:

Morning: M: Frozen berries
T: Apples/ PB
W: Cheese/ grapes
Th: Granola Bars (to go)
F: Veggies/ dip/ hummus

Afternoon: M: Yogurt
T: Poetry Tea Time w/ special dessert
W: Pretzels and Nutella
Th: Crackers, jam, cream cheese
F: Cookies

Breakfast: GREEN SMOOTHIES

Sunday: Omelets
Monday: Paleo Egg Cups
Tuesday: Oatmeal
Wednesday: Scrambled Eggs
Thursday: Frozen waffles or pancakes
Friday: Sunny-Side Up Eggs
Saturday: Waffles or pancakes w/ bacon

Lunch: WATER

Sunday: French Toast and Berries
Monday: Hard-boiled eggs, veggies, dip
Tuesday: Ham and Cheese cubes, fruit, veggies
Wednesday: Soup, crackers
Thursday: Tuna fish Salad, fruit, Chebe rolls
Friday: Baked Potatoes w/ sour cream and broccoli
Saturday: Grilled Cheese Sandwiches w/ soup or fruit

Dinner: MILK

Hospitality Sunday: Baked Potato Bar, Nachos, stir-fry, pulled pork, chicken sandwiches, white chicken chili
Monday: Chicken, pork, fish, or steak w/ sweet potatoes and green veggies
Tuesday: Soup (w/ Monday's meat), cheese, fresh bread
Wednesday: Crockpot or Casserole (use ground beef), salad
Thursday: Brinner, fruit, veggie
Family Fun Friday: Pizza, veggies, ice cream sundaes or Root Beer Floats, etc.
Date Night Saturday: Rotisserie Chicken, fresh veggies, garden potatoes

Desserts: frozen berries, apple crisp, baked apples, hot apple cider, popcorn, chocolate-dipped strawberries, cinnamon roasted almonds, chocolate-coconut cookies, TJ coconut cashews