

**WEEK 1**

**DAY 1**

BREAKFAST

Cereal

LUNCH

PB&J and Apple

DINNER

Spaghetti w/meat sauce  
Salad

**DAY 2**

BREAKFAST

Egg Sandwich

LUNCH

Leftover Spaghetti

DINNER

Chicken Broccoli Stirfry

**DAY 3**

BREAKFAST

Oatmeal

LUNCH

Ramen Noodles w/Poached Egg

DINNER

Lentil Soup

**DAY 4**

BREAKFAST

Cereal

LUNCH

PB&J and Apple

DINNER

Salisbury Steak over mashed potato &  
green beans

**DAY 5**

BREAKFAST

Banana & Yogurt

LUNCH

Leftover Salisbury Steak

DINNER

Baked Chicken Thighs with roasted carrots  
and potato

**DAY 6**

BREAKFAST

Cereal

LUNCH

Ramen (with any leftover chicken and  
carrots added)

DINNER

Tacos with beans and rice

**DAY 7**

BREAKFAST

Egg Sandwich

LUNCH

PB&J Apple

DINNER

Sloppy Joes with Fries & Raw Veggies

**WEEK 2**

**DAY 1**

BREAKFAST

Cereal

LUNCH

Baked Potato w/Leftover Sloppy Joe

DINNER

Tuna Noodle Cassarole

**DAY 2**

BREAKFAST

Yogurt & Banana

LUNCH

Leftover Tuna Casserole

DINNER

Teriyaki Pork chops, Winter Squash & Green Beans

**DAY 3**

BREAKFAST

Cereal

LUNCH

PB&J & Apple

DINNER

Chicken & Dumplings

**DAY 4**

BREAKFAST

Oatmeal

LUNCH

Leftover Chicken & Dumplings

DINNER

Chili & Cornbread

**DAY 5**

BREAKFAST

Egg Sandwich

LUNCH

Leftover Chili

DINNER

Penne Chicken Alfredo w/Broccoli

**DAY 6**

BREAKFAST

Cereal

LUNCH

Ramen or leftover Penne

DINNER

Tomato Basil Soup with Grilled Cheese

**DAY 7**

BREAKFAST

Yogurt & Banana

LUNCH

PB&J with carrot sticks or apples

DINNER

Breakfast for Dinner (Pancakes, eggs and Sausage)