

April 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Snack Ideas: Roasted chick peas, trail mix, banana bread, smoothies, nuts, hummus w/pretzels/pitas, rice cakes w/nut butter, tortilla chips/salsa, granola bar, popcorn					1 D: Sloppy Joe's, onion rings, raw veggies & dip L: Yogurt tubes, pretzels, fruit B: English Muffins, Nut Butter, and fruit	2 D: Shredded/canned salmon, pasta, and misc. veggies L: Hot dogs on bun, veggies sticks, veggie B: Waffles and fruit
3 D: BBQ chicken, baked potatoes, broccoli L: Crackers, PB, fruit B: Blueberry , almond coffee cake , fruit	4 D: Egg burritos w/roasted peppers, ham L: Spaghetti O's, bread, fruit B: Oatmeal and fruit	5 D: Pesto tortellini, chicken sausage, roasted tomatoes L: Ham Sandwich, corn chips, pickles, tomato B: Yogurt, granola, fruit	6 D: Turkey or beef tacos L: Chicken nuggets, Snap Pea crisps, fruit B: Leftover waffles, fruit	7 D: Potsticker soup , egg rolls, raw carrots, peanuts L: PB and Jelly, fruit B: Cereal, fruit	8 D: Pizza L: Leftovers B: Bagels, cream cheese, and fruit	9 D: Sautéed shrimp, polenta, zucchini, garlic bread L: Chicken salad, pita, fruit B: Pancakes and fruit
10 D: Meatloaf, steak fries, green beans L: Crackers, nut butter, bananas or apples B: Scrambled eggs with peppers, croissants	11 D: BLT's, salad L: Mac and cheese, fruit B: Oatmeal and fruit	12 D: Orange chicken, rice, broccoli L: Fish sticks, apple straws, veggie/fruit B: Yogurt, granola, fruit	13 D: Bean or chicken quesadilla's L: Hot dogs, chips B: Leftover pancakes, fruit	14 D: Upside down pizza casserole L: PB and Jelly, fruit B: Cereal, fruit	15 D: Loaded Nachos L: Leftovers B: English muffins, nut butter, and fruit	16 D: Breaded tilapia , garlic/olive oil noodles, cauliflower L: Chicken fingers, tater tots, veggie/fruit B: Waffles and fruit
17 D: Pork chops, applesauce, corn bread, veggie mix, cous cous L: Crackers, PB, fruit B: Pan fried ham, hashbrowns, fruit	18 D: Beef tips or shredded beef, tzatziki sauce, pita's, lettuce, tomato L: Quiche, fruit B: Oatmeal and fruit	19 D: Chicken fajitas L: Mac and Cheese, fruit B: Yogurt, granola, fruit	20 D: Shrimp fried rice, naan L: Pizza, fruit B: Leftover waffles, fruit	21 D: Spaghetti with zucchini, parm cheese L: Chicken nuggets, veggie straws, fruit/veg B: Cereal, fruit	22 D: Chicken wings, celery/carrots, L: Leftovers B: Bagels, cream cheese, and fruit	23 D: Hamburgers, French fries, sliced tomato L: Chicken soup, crackers B: Pancakes and fruit
24 D: Pulled Pork, coleslaw, potato chips L: Crackers, nut butter, bananas or apples B: French toast w/assorted berries	25 D: Chicken enchilada casserole and tortilla chips L: Spaghetti O's, fruit B: Oatmeal and fruit	26 D: Beef barley stew, rolls L: PB and Jelly, fruit B: Yogurt, granola, fruit	27 D: Quiche, tomato soup L: Popcorn shrimp, veggie straws, fruit/veg B: Leftover pancakes, fruit	28 D: Tilapia cakes , quinoa, peas L: Chicken nuggets, popcorn, fruit/veg B: Cereal, fruit	29 D: Meatball hoagies, salad L: Leftovers B: English muffins, nut butter, and fruit	30 D: Grilled chicken, pasta salad w/ tomatoes, cucumbers, olives L: Hot dogs, chips, fruit B: Pumpkin waffles and fruit