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|  | Lunch | Snack | Dinner | |
| Monday | Penne w/ Basil + Parm   * Garlic Bread * Roasted Veggies | Berries |  |
| Tuesday | Orange Chicken   * over Vegetable Fried Rice | Apple ||  Banana ||  Orange | BLT Sandwich |
| Wednesday | Baked Chicken   * Roasted Veggies * Cheese * Crackers | Bell Peppers and Pita Bread w/ Hummus | Cobb Salad   * Curry Chicken Sandwich |
| Thursday | Chicken Avocado Wrap   * Berries |  | Breakfast for Dinner   * (Potato Skillet) * Scrambled Eggs * Bacon |
| Friday | Baked Chicken   * in Mushroom Sauce * Asparagus * over Rice | Baby Carrots |  |
| Saturday |  |  | Eat Out (Lab Night) |
| Sunday |  |  | Chicken Mozzarella (Home) |