Woodford's Family Services Residential Program

BS's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

Week of: 3-13-16 to 3-19-16

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
Breakfast	□ yes □ no [33]Cheerios with Raisins	□ yes □ no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	□ yes □ no [33]Cheerios with Raisins	□ yes □ no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	□ yes □ no [33]Cheerios with Raisins	□ yes □ no [49]2 Eggs w/ Cheese jelly toast apple	yes no [33]Cheerios with Raisins
Lunch	□ yes □ no [63]Turkey & Cheese Wrap tomato carrots	□ yes □ no [59]Turkey and Cheese on wheat wrap Apple Cucumber	□ yes □ no [63]Turkey & Cheese Wrap tomato carrots	□ yes □ no [59]Turkey and Cheese on wheat wrap Apple Cucumber	□ yes □ no [63]Turkey & Cheese Wrap tomato carrots	□ yes □ no [63]Turkey & Cheese Wrap tomato carrots	yes no [61]Leftover Pizza
Dinner	yes no [0]	□ yes □ no [22]Spinach Quiche	yes no [79]Sloppy Joe /w green pepper and onion /w salad	□ yes □ no [19]Spaghetti and Turkey Meatball /w salad	□ yes □ no [25]Veggie Omelet	□ yes □ no [80]Homemade Pizza with side salad	yes no [7]Banh Mi Hot Dog /w peas
Snacks	[#106]Cottage Cheese [#96]Sugar snap peas /w Humus [#89]Raisins [#109]Medium Granny Smith Apple [#36]1 Banana						
Excercise (activity + time)	□yes□no	□ yes □ no	□ yes □ no	□ yes □ no	□yes□no	□ yes □ no	yes no