

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

AW's Plan

Week of: June 5 to June 11

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [9] Krusteaz Blueberry Pancakes	<input type="checkbox"/> yes <input type="checkbox"/> no [33] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [35] English Muffins /w Peanut Butter Banana
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [7] Banh Mi Hot Dog /w peas	<input type="checkbox"/> yes <input type="checkbox"/> no [70] PB&J on Wheat Bread Carrots Orange	<input type="checkbox"/> yes <input type="checkbox"/> no [71] BLT Wrap peas
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [11] Chicken Caesar Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [108] Sub
Snacks	[#95] Crackers /w PB [#96] Sugar		
Exercise (activity time)	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no

Monday	Wednesday	Thursday
<input type="checkbox"/> no Ash Muffin Butter /w	<input type="checkbox"/> yes <input type="checkbox"/> no [33] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [35] English Muffin /w Peanut Butter /w Banana
<input type="checkbox"/> no Turkey s	<input type="checkbox"/> yes <input type="checkbox"/> no [72] PB&J on Wheat Bread Carrots Apple	<input type="checkbox"/> yes <input type="checkbox"/> no [71] BLT Turkey Wrap peas
<input type="checkbox"/> no way Meal	<input type="checkbox"/> yes <input type="checkbox"/> no [14] Chicken Burger /w Broccoli	<input type="checkbox"/> yes <input type="checkbox"/> no [5] One pot Ground Turkey, Rice and Corn
<input type="checkbox"/> no peas /w Humus	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no [#97] Trail Mix [#36] 1
<input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no

Friday	
yes <input type="checkbox"/> no	
] OPTION: Oatmeal & Decaf Coffee or CHASE: Breakfast Sandwich and Decaf Coffee	
yes <input type="checkbox"/> no	
] PB&J on Wheat Bread Pretzels Milk	
yes <input type="checkbox"/> no	
] BBQ Chicken Pizza	
Banana	
yes <input type="checkbox"/> no	

Saturday	
<input type="checkbox"/> yes	<input type="checkbox"/> no
[51] 2 Eggs 1 orange Yogurt	
<input type="checkbox"/> yes	<input type="checkbox"/> no
[74] Turkey Burger small salad	
<input type="checkbox"/> yes	<input type="checkbox"/> no
[16] Chicken Cutlets with Broccoli Slaw	
<input type="checkbox"/> yes	<input type="checkbox"/> no

Snacks	[#95] Crackers /w PB	[#96] Sugar snap peas /w Humus	[#97] Trail Mix	[#36] 1 Banana
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Excercise
(activity
time)

<input type="checkbox"/> yes	<input type="checkbox"/> no
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Week of: June 12 to June 18

Weekly Weigh-In:

[illegible]

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

AW's Plan

Week of: June 19 to June 25

Weekly Weigh-In:

[illegible]