

# Weekly Menu Plan Sheet

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

## Weekly Weigh-In:

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
Breakfast	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 4 ] Spinach, Egg and Cheese Breakfast Wrap	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 113 ] Bran Flakes and Yogurt	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 34 ] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 113 ] Bran Flakes and Yogurt	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 49 ] 2 Eggs w/ Cheese   jelly toast   apple	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 113 ] Bran Flakes and Yogurt	<div><input type="checkbox"/> yes    <input checked="" type="checkbox"/> no</div> [ 113 ] Bran Flakes and Yogurt
Lunch	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 58 ] Tunafish Sandwich   Mixed Berry & Yogurt Parfait	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 59 ] Turkey and Cheese on wheat wrap   Apple   Cucumber	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 60 ] Turkey & Cheese Wrap   peanuts   carrots	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 59 ] Turkey and Cheese on wheat wrap   Apple   Cucumber	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 60 ] Turkey & Cheese Wrap   peanuts   carrots	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 60 ] Turkey & Cheese Wrap   peanuts   carrots	<div><input type="checkbox"/> yes    <input checked="" type="checkbox"/> no</div> [ 61 ] Leftover Pizza
Dinner	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 0 ]	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 1 ] BLT Turkey Wrap	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 22 ] Spinach Quiche	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 19 ] Spaghetti and Turkey Meatball /w salad	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 79 ] Sloppy Joe /w green pepper and onion /w salad	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div> [ 80 ] Homemade Pizza with side salad	<div><input type="checkbox"/> yes    <input checked="" type="checkbox"/> no</div> [ 7 ] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits /w Humus    [#89] Raisins    [#109] Medium Granny Smith Apple    [#90] Pretzels & PB    [#36] 1 Banana						
Excercise (activity time)	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input type="checkbox"/> no</div>	<div><input type="checkbox"/> yes    <input checked="" type="checkbox"/> no</div>

## Weekly Menu Plan Sheet

**Week of: 3-20-16 to 3-26-16**

### Weekly Weigh-In:

[illegible]

## Weekly Menu Plan Sheet

**Week of: 3-27-16 to 4-2-16**

## Weekly Weigh-In:

[illegible]

# Weekly Menu Plan Sheet

**Week of: 4-3-16 to 4-9-16**

---

[illegible]

## Weekly Menu Plan Sheet

**Week of: 4-10-16 to 4-16-16**

## Weekly Weigh-In:

[illegible]