

Woodford's Family Services Residential Program			JH'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	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[34]Two Eggs Scrambled W/ Toast &amp; 1/2 Banana Recipe</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[34]Two Eggs Scrambled W/ Toast &amp; 1/2 Banana Recipe</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[49]2 Eggs w/ Cheese   jelly toast   apple</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt</div>	
	Lunch	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[58]Tunafish Sandwich   Mixed Berry &amp; Yogurt Parfait</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[59]Turkey and Cheese on wheat wrap   Apple   Cucumber</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[63]Turkey &amp; Cheese Wrap   tomato   carrots</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[59]Turkey and Cheese on wheat wrap   Apple   Cucumber</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[63]Turkey &amp; Cheese Wrap   tomato   carrots</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[63]Turkey &amp; Cheese Wrap   tomato   carrots</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[61]Leftover Pizza</div>
Dinner		<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[0]</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[22]Spinach Quiche</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[79]Sloppy Joe /w green pepper and onion /w salad</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[19]Spaghetti and Turkey Meatball /w salad</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[25]Veggie Omelet</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[80]Homemade Pizza with side salad</div>	<div><input type="checkbox"/> yes <input type="checkbox"/> no</div> <div>[7]Banh Mi Hot Dog /w peas</div>
	Snacks	[#106]Cottage Cheese    [#43]Triscuits /w Humus    [#89]Raisins    [#109]Medium Granny Smith Apple    [#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 type="checkbox"/> no</div>	