

Meal/Food	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pop Tarts	Cereal	bacon and eggs with cheese	ham and cheese omelette with hash browns	toast with peanut butter	French toast	homemade breakfast pizza
Lunch	Grilled cheese with apple slices	ham and cheese sandwich	peanut butter sandwich	homemade pizza	Ramen noodles	Chicken parmesan	Roasted turkey leg and corn on the cob
Dinner	baked potato soup, roasted pork with carrots	Tacos with meat, cheese, and sour cream	Lemon chicken with garlic roasted broccoli	Grilled steak with grilled asparagus	chicken fettuccine alfredo with broccoli and garlic bread	smoked salmon with crackers and cheese	mashed potatoes + gravy, turkey
Snack #1	Pretzels	crackers	Apple	Pear	chips and salsa	chocolate	yogurt
Snack #2	peanuts	applesauce	cheese stick	Carrots	grapes	almonds	Bannana