



January 2017 Meal Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Mac & Cheese with side of steam peas and carrots AM: Yogurt with Berries PM : apple wedges	Veggie meat balls with mash potatoes and mint yogurt dipping sauce AM : Orange wedges PM : Cheese stick and Ritz cracker	Chicken/bean Quesadilla with peeled cucumbers and cherry tomatoes AM : Pudding cup PM snack: Pretzel sticks and organic apple juice	Pizza day/ Rice with lentil with garden salad AM: Fruit strawberry PM: Fish crackers with organic yogurt
9	10	11	12	13
Veggie/chicken cutlet sandwich with French fries AM: Fruit snack PM: Gold fish crackers and cheese cubes	Penne pasta with veggie/ chicken with red sauce AM: Organic apple sauce PM: Organic yogurt tube with crackers	Spinach and cheese puffs with marinara sauce and sweet corn AM: Strawberries PM: Mini muffins with organic milk	Chicken tenders/ veggie nuggets steam broccoli AM: Veggie sticks chips PM: Chilled pears and cheese	Pizza/veggie rice with yogurt sauce AM: Blueberries and raisins PM: Chocolate chip cookies with organic low fat milk
16	17	18	19	20
Veggie / cold chicken with mayo sandwiches with fries AM: Cheese stick PM: Kiwi	Mac and cheese with mixed veggie AM: Yogurt with fruit topping PM: Apple wedges	Baked chicken nuggets with mash potatoes/ veggie nuggets AM: Grapes and cheese cubes PM: Pudding with layer of banana	Chicken/bean Quesadilla with peeled cucumbers and cherry tomatoes AM: Pudding cup PM: Pretzel sticks and organic apple juice	Pizza/ Veggie biryani with yogurt sauce and cucumber AM: Grapes PM: Muffins and organic juice
23	24	25	26	27
Grill chicken sandwiches with American cheese/ grill cheese veggie cream soup AM: Fruit snack PM: Crackers and yogurt	Baked rigatoni with vegetable/ chicken with white sauce AM: Apple sauce PM: Yogurt tube with pretzels	Spinach/chicken cream cheese puffs with marinara sauce AM: Apple sauce PM: Organic gogurt with crackers	Baked Chicken tenders with yogurt sauce/ veggie nuggets Steam veggie AM: Oranges PM: Banana smoothie	Pizza with apple juice AM: Bread with fruit jam PM: Cookies and milk
30	31	1	2	3
Veggie cutlet/ chicken sandwiches with potato balls AM: Low-fat milk with half banana PM: String cheese with fruit	Penne pasta with mushroom with white sauce and chicken Sweet butter corn AM: Veggie chips PM: Apple juice with fish crackers			