



Meal Plan - September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken hot dog with bun/ vegetable burger with orange wedges Snacks: Yogurt with crackers	Pizza day Snacks: Fruit salad and
5	6	7	8	9
Avocado bean wrap with cheddar cheese and side of coleslaw Snacks: Gold fish crackers	Chicken sandwich with mayo and mustard sauce and side of salad Snacks: Apple wedges	Whole wheat chicken penne pasta with red sauce and veggies Snacks: Pudding cup	Mack and cheese with carrots Snacks: Ritz cracker with mix berries	Pizza day Snacks: Hummus with crackers
12	13	14	15	16
Chicken or bean quesadilla with fresh salsa Snacks: Fresh fruits with cheese cubes	Chicken nuggets/ vegetable nuggets with mash potatoes and sweet corn Snacks: Yogurt with fruit topping	Vegetable burger/ fish burger with green beans Snacks: Grapes and cheese cubes	Sausage pasta with marinara sauce and cheese/ or without sausage for vegetarian option Snacks: Mini blueberry muffins with milk box	Pizza day Snacks: Watermelon cubes and fish crackers
19	20	21	22	23
Chicken curry with rice and fresh cucumber salad/ vegan burger Snacks: Cheese stick	Baked fish nuggets with soft baby carrots and dinner roll/ veggie nuggets Snacks: Low-fat milk with cookies	Avocado bean wrap with coleslaw and cheese Snacks: Apple wedges and string cheese	Cold chicken salad sandwich with peas/ veggie sandwich with cheese Snacks: Jello vanilla pudding	Pizza day Snacks: Fruit salad with cracker
26	27	28	29	30
Vegan dog with baked sweet potatoes fries Snacks: Low-fat milk and mini muffin	Pasta alfredo with chicken/ mushrooms and side of salad Snacks: String cheese and grapes	Chinese fried rice with chicken or vegetable with stir-fry veggies Snacks: Banana	Chicken tenders with mashed potatoes / grilled cheese sandwich with steamed broccoli Snacks: Fruit yogurt and crackers	Pizza day Snacks: Mini cupcake vanilla or chocolate