

## August 21st to September 22nd 2017 Meal Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>21 August</i>	<i>22 August</i>	<i>23 August</i>	<i>24 August</i>	<i>25 August</i>
Veggie Burger and Cucumber  AM: Strawberries PM: Apple Cubes	Minced Chicken in Tortilla wrap topped with Mexican cheese. Sour cream and celery sides.  Am : Pears Pm: Milk or Gogurt with Crackers	Penny Pasta with Pesto Sauce with Broccoli, Mushroom and Chicken  AM : Orange wedges, Cheese stick PM : Grapes, Veggie Crackers	Chicken Nuggets and Mashed Potatoes  AM : Peaches PM: Fish Crackers and Milk	Pizza day  AM: Watermelon PM: Cookies
<i>28 August</i>	<i>29 August</i>	<i>30 August</i>	<i>31 August</i>	<i>1 September</i>
Potatoes Cutlet sandwiches in bread with Cheese  AM: Banana and half cup Milk PM: Apple and Cheese cubes	Chicken Kabob in pita roll with Humus  AM: Crackers and Oranges PM: Organic yogurt tube and pears	Mac and cheese with steam vegetables  AM: Mixed berries and yogurt PM: Watermelon	Chicken tenders with broccoli and dinner roll  AM: Apple and milk PM: Veggie sticks and cheese sticks	<b><u>Eid-ul-adha</u></b>
<i>4 September</i>	<i>5 September</i>	<i>6 September</i>	<i>7 September</i>	<i>8 September</i>
<b>Labor day</b>	Chicken shami with paratha , yogurt and cucumber lemon salad  AM: Oranges with cheese cubes PM: Apple wedges and yogurt	Rainbow pasta with chicken and cream sauce with side of carrots  AM: Strawberries PM: Whole milk and banana	Turkey hotdogs with fries and beans  AM: Sweet melon PM: Pretzel sticks with cheese dipping sauce or hummus	Cheese pizza/ veggie pizza  AM: Kiwi PM: Muffins and organic juice
<i>11 September</i>	<i>12 September</i>	<i>13 September</i>	<i>14 September</i>	<i>15 September</i>
Mac and cheese with grill California veggie mix  AM: Ripe pears PM: Organic low-fat chocolate milk with strawberries	Chicken quesadilla with mushroom, capsicum and cheese  AM: Strawberries and yogurt PM: kiwi and veggie sticks	Minced chicken with rigatoni in red sauce and cheese with side of mix veggie  AM: Grapes and honey crackers PM: Yogurt with apples	Chicken tenders with potato fries and Hawaiian bread  AM: Banana PM: Vanilla jello and mini muffins	Pizza with apple juice  AM: Apples PM: Marble cake with milk
<i>18 September</i>	<i>19 September</i>	<i>20 September</i>	<i>21 September</i>	<i>22 September</i>
Grill cheese sandwich with broccoli  AM: Oranges and cheese cubes PM: String cheese, grapes and crackers	Chicken with roti and cucumbers  AM: Yogurt and berries PM: Mixed melons	Elbow pasta with mince chicken with tomatoes sauce and peas, carrots side  AM: Pears and cheese sticks PM: Banana with milk	Chicken nuggets and mash potatoes with peas  AM: Red grapes and pretzels bites PM: Yogurt with strawberries	Pizza with apple juice  AM: Raisins with fish crackers and milk PM: Chocolate chip cookies and milk