

	BREAKFAST	LUNCH	SNACKS	DINNER	TREAT
MONDAY	Greek Yogurt Bowls with Banana, Berries and Granola	Easy Black Bean Quesadillas	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Slow Cooker Ham 'n' Beans with Cheddar Yogurt Cornbread	Banana Soft Serve
TUESDAY	Apple Pie Spinach Smoothie Whole Wheat Toast with Peanut Butter	Slow Cooker Ham 'n' Beans with Cheddar Yogurt Cornbread (Leftover)	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Portabella Cheesesteaks with Roasted Potatoes	Dark Chocolate Square
WEDNESDAY	Herbed Egg and Turkey Cups, Fruit, Whole Wheat Toast with Peanut Butter	Salad in a Jar, Whole Grain Crackers	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Open-Face Hummus Tuna Melt with Steamed Broccoli	Banana Soft Serve
THURSDAY	Heat and Eat Quiche Breakfast Sandwiches, Fruit	Easy Black Bean Quesadillas	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Shrimp and Grits	Dark Chocolate Square
FRIDAY	Whole Wheat Toast with Peanut Butter, Apple Slices and Cinnamon	Salad in a Jar, Whole Grain Crackers	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Homemade Pizza with Whole Wheat Crust	Banana Soft Serve
SATURDAY	Apple Cinnamon Slow Cooker Steel Cut Oats	Homemade Pizza with Whole Wheat Crust (Leftover)	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Mexican Lentil Stuffed Shells with Garden Salad	Dark Chocolate Square
SUNDAY	Whole Wheat Cottage Cheese Pancakes with Maple Syrup	Mexican Lentil Stuffed Shells with Garden Salad (Leftover)	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Toby Ziegler's Roasted Chicken with Roasted Root Veggies	Chocolate Chip Almond Butter Cookies
MONDAY	Greek Yogurt Bowls with Banana, Berries and Granola	Curried Chicken Salad over Greens	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Penne Rosa with Shrimp with Garden Salad	Banana Soft Serve
TUESDAY	Apple Pie Spinach Smoothie Whole Wheat Toast with Peanut Butter	Penne Rosa with Shrimp with Garden Salad (Leftover)	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Slow Cooker Lasagna Soup with Salad and Garlic Bread	Dark Chocolate Square
WEDNESDAY	Herbed Egg and Turkey Cups, Fruit, Whole Wheat Toast with Peanut Butter	Slow Cooker Lasagna Soup with Salad and Garlic Bread (Leftover)	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Black Bean Burgers with Kale Chips and Roasted Potatoes	Banana Soft Serve
THURSDAY	Heat and Eat Quiche Breakfast Sandwiches, Fruit	Easy Black Bean Quesadillas	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Leftover Night	Dark Chocolate Square
FRIDAY	Whole Wheat Toast with Peanut Butter, Apple Slices and Cinnamon	Curried Chicken Salad over Greens	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Buffalo Chicken Bites with Sweet Potato Tater Tots	Banana Soft Serve
SATURDAY	Apple Cinnamon Slow Cooker Steel Cut Oats	Salad in a Jar, Whole Grain Crackers	Veggies with Hummus, Peanut Butter Cookie Date Balls, Fruit	Vegetarian Thai Quinoa Chili	Dark Chocolate Square
SUNDAY	Whole Wheat Cottage Cheese Pancakes with Maple Syrup	Easy Black Bean Quesadillas	Ants on a Log, Fruit, Air-Popped Popcorn, Sweet and Spicy Chickpeas	Wheatberry Cabbage Rolls with Steamed Broccoli	Chocolate Chip Almond Butter Cookies