

## Weekly Meal Planner - Week #1

	Breakfast		Lunch		Dinner		Snack
<b>Sunday</b>	Hot /Dry cereal Canned Peaches Fruit Juice		Tomato Soup Apple Sauce Cookies Beverage *		Pork and Beans Canned Fruit Cocktail Beverage *		Trail Mix-peanuts, raisins, M & M's, pretzel Fruit Juice
<b>Monday</b>	Hot/Cold Cereal Ass't Canned Fruit Fruit Juice		Peanut butter and Jelly on crackers Fruit Cocktail Cookies Beverage *		Spaghettios Apple Sauce Canned Green Beans Beverage *		Graham crackers with Peanut Butter
<b>Tuesday</b>	Hot/Cold Cereal Cocktail Fruit Juice	Fruit	Any Flavor Ramen Noodles Canned Pineapple Cookies Beverage *		Beef Stew ,Pears Beverage *		Graham crackers with Peanut Butter
<b>Wednesday</b>	Cereal (hot or cold) Raisins Fruit Juice		Peanut butter and Jelly on crackers Canned Pears Cookies Beverage *		Chicken Salad with Crackers Canned Peaches Beverage *		Pudding
<b>Thursday</b>	Hot/Cold Cereal Canned Apples Fruit Juice		Vegetable Soup Crackers Canned Peaches Cookies Beverage *		Canned La Choy Chicken Chow Mien Canned Mandarin Oranges Beverage *		Trail Mix-peanuts, raisins, M & M's, pretzels, Fruit Juice
<b>Friday</b>	Hot/Cold Cereal Canned peaches Fruit juice		Any Flavor Ramen Noodles Canned Mandarin Oranges Cookies Beverage *		Tortillas with Refried Beans and Salsa Canned Corn Fruit Cocktail Beverage *		Beef Jerky
<b>Saturday</b>	Hot Cereal Cocktail Fruit Juice	Fruit	Beef Stew Sauce Cookies Beverage *	Apple	Spaghettios Apple Sauce Canned Green Beans Beverage *		Pretzels

\* Juice, Water, Coffee, Tea, Hot Chocolate