

Weekly Meal Planner - Week #2

	Breakfast	Lunch	Dinner	Snack
Sunday	Hot/Dry Cereal Canned Peaches Fruit Juice	Tomato Soup Apple Sauce Cookies Beverage *	Canned Chili with Crackers Green Beans Canned Mandarin Oranges Beverage *	Graham crackers with Peanut Butter
Monday	Cereal (hot or cold) Asst' canned Fruit Fruit Juice	Peanut butter and Jelly on crackers Fruit Cocktail Cookies Beverage *	Southwestern Bean Salad (1 can black beans mixed with 1 can of corn and 1 cup salsa) Tortilla chips or Tortillas Canned Peaches Beverage *	Beef Jerky
Tuesday	Hot/Dry Cereal of Choice Fruit Cocktail Fruit Juice	Any Flavor Ramen Noodles Canned Pineapple Cookies Beverage *	Tuna /Chicken Salad (Mayo and Relish) on Crackers Fruit Cocktail Beverage *	Trail Mix-peanuts, raisins, M & M's, pretzels,
Wednesday	Hot Cereal Canned Apples Fruit Juice	Peanut butter and Jelly on crackers Canned Pears Cookies Beverage *	Spam (Canned Ham) Canned Yams Canned Vegetable	Asst' Pudding Beverage *
Thursday	Hot/Dry Cereal Raisins Fruit Juice	Vegetable Soup Crackers Canned Peaches Cookies Beverage *	Canned Ravioli Apple Sauce Canned Peas Beverage *	Pretzels
Friday	Hot/Dry Cereal Canned peaches Fruit juice	Any Flavor Ramen Noodles Canned Mandarin Oranges Cookies Beverage *	Pork and Beans Pineapple Canned Carrots Beverage *	Canned Trail Mix-peanuts, raisins, M & M's, pretzels,
Saturday	Hot Cereal Cocktail Fruit Juice	Fruit Beef Stew Sauce Cookies Beverage *	Apple Canned Chili Crackers Mandarin Oranges Beverage *	Graham crackers with Peanut Butter

* Juice, Water, Coffee, Tea, Hot Chocolate