

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 BBQ chicken Mashed potatoes W/ dinner roll Steam vegetables Fruit	4 Chicken noodle Soup w/ crackers Fruit	5 Grilled ham & cheese Sandwich Fries Fruit	6 Popcorn chicken Fries Fruit
9 Chicken cordon bleu Sandwich Fries Fruit	10 Spaghetti w/ Meat sauce Bread cheese stick Fruit	11 Philly cheese Steak sandwich Fries Fruit	12 Pizza Steam vegetables Fruit	13 Ham & cheese sub Bag of chips Juice
16 Cheese burger Fries Fruit	17 Quesadilla W/ meat Fruit	18 Chicken tamales W/ refried beans Fruit	19 Chicken Enchilada Refried beans Fruit	20 Posole W/ tortilla chips Fruit
23 Grilled cheese Sandwich Fries Fruit	24 Teriyaki chicken White rice & Steam vegetables Juice	25 Chili beans W/ tortillas chips Fruit	26 Mac n' cheese Fruit	27 Hot dog Fries Fruit
30 BBQ Pull pork Sandwich Fries Fruit				



Practice stealth health  
-sneak veggies into favorite foods-