

# KIDS PLANET



# WEEKLY MEAL PLAN

DATE: WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Pineapple Milk	Whole-grain English Muffin Apricots Milk	Oatmeal w/ cinnamon Apples Milk	Whole-grain toast Scrambled Eggs Oranges Milk	Cheerios Banana Slices Milk
Lunch	Hotdog Corn Pineapple Milk	Frito Pie Lettuce, Tomato Cheese Milk	Spaghetti w/ meat sauce Green Beans Pears Milk	Baked Fish Quinoa Peas Peaches Milk	Bean & Cheese Burrito Mixed Veggies Tropical Fruit Milk
Snack	Saltines Cheese Stick Water	Yogurt Blueberries Water	Ranch w/ carrots Apple Juice	Apple slices sunflower seed butter Milk	Trail Mix Water
Dinner	Whole-grain Pasta Salad w/Veggies Chicken Pears, Milk	Turkey & cheese Roll-ups Cucumber slices Applesauce	Grilled Cheese Tomato Soup Peaches Milk	Bean & Rice Bowl Mild Salsa Orange Slices Milk	Chicken Noodle Soup Whole Wheat Bread Grapes Milk

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## WEEKLY MEAL PLAN



DATE: WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole-grain Pancakes Banana Milk	Yogurt Parfait w/ Granola Berries Milk	Bagel Cream Cheese Grapes Milk	Oatmeal w/ Raisins Milk	Scrambled Eggs, Toast Pineapple Milk
Lunch	Chicken Fajitas Tortilla Peppers, Rice Oranges Milk	Beef meatballs Mashed Potatoes Broccoli Applesauce Milk	Posole w/ Chicken cabbage, Lime Pears Milk	Baked Chicken Calabacitas Rice Peaches Milk	Cheese Pizza w/ tortilla Salad Apricots Milk
Snack	Yogurt Pineapple Water	Pretzels Cheese Cubes Juice	Banana Graham Crackers Milk	Yogurt Cheerios	Celery Sticks & Cream Cheese
Dinner	Tuna Salad Crackers Carrots Sticks Apple Milk	Turkey / bellpepper Rollup Cheese Cucumber Peaches	Egg Salad Sandwich Wheat Bread Mixed Fruit Milk	Cheese quesadilla Tortillas Corn Melon Milk	Lentil Soup crackers Orange wedges Milk

# KIDS PLANET

## WEEKLY MEAL PLAN



DATE: WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Cereal Orange Slices Milk	Blue Corn French Toast Strawberries Milk	Oatmeal w/ Cinnamon & Orange Milk	Whole Grain English Muffins w/ banana Milk	Egg & Cheese Wrap Peaches Milk
Lunch	Turkey & Cheese Sandwich Cucumber Apples Milk	Beef & Bean Chili CornBread, Mixed Veggies, Pears Milk	Chicken Alfredo WG pasta Broccoli Melon Milk	Baked Fish Sweet Potato wedges / Berries green beans Milk	Bean & Veggie Soup, WG Bread Pineapple Milk
Snack	WG Pita & Hummus Apple Juice	Yogurt & Peaches Water	Crackers Seed Butter Milk	Cheese Stick Grapes Water	Trail Mix Milk
Dinner	Chicken Veggies Rice Bowl Pears Milk	Mini Cheese Veggie Pizza Applesauce Milk	Turkey Sliders Mini WG Buns Carrots Grapes Milk	Vegetable Soup WG roll Peaches Milk	Chicken Salad Crackers Cucumber Melon Milk

# KIDS PLANET

## WEEKLY MEAL PLAN



DATE: WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Toast Yogurt & Berries Milk	Whole Grain Cereal Banana Milk	Oatmeal w/ Blueberries Milk	Whole Grain Waffles Apples Milk	Scrambled Eggs WG English Muffins Melon Milk
Lunch	Chicken Quesadillas Corn Applesauce Milk	Meatloaf Mashed Potatoes Peas Peaches Milk	Calabacitas w/ pasta Salad Kiwi Milk	Chicken & Rice Casserole Green Beans Pineapples Milk	Mexican Pizza Carrots Oranges Milk
Snack	Carrot Sticks w/ Ranch Grape Juice	Whole Grain Crackers & Cheese Apple Juice	Yogurt & Strawberries Water	Banana Graham crackers Milk	Cottage Cheese Peaches Water
Dinner	Turkey & Veggie Cold Pasta Pears Milk	Chicken & Veggie Wrap Oranges Milk	Bean & Cheese Burrito Mild Salsa Pears Milk	Veggie Fried Rice (rice, peas, carrots, eggs) Apricots Milk	Turkey Chili Mild WG crackers Grapes Milk