| SUN |  | MON | TUE | WED | THU | FRI | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BREAKFAST | Peanut Butter Cereal Bars Low-fat Milk Sliced Apple | Veggie Quiche Muffins Low-fat milk | Peanut Butter Cereal Bars Low-fat Milk Sliced Apple | Veggie Quiche Muffins Low-fat milk | Peanut Butter Cereal Bars Low-fat Milk Sliced Apple | Veggie Quiche Muffins Low-fat milk | Peanut Butter Cereal Bars Low-fat Milk Sliced Apple |
| LUNCH | Peanut Butter on whole grain bread with carrots | Tuna with mayo on whole grain bread with apple sliced | Peanut Butter on whole grain bread with carrots | Tuna with mayo on whole grain bread with apple sliced | Peanut Butter on whole grain bread with carrots | Tuna with mayo on whole grain bread with apple sliced | Leftovers Low-fat milk |
| DINNER | Easy Cheesy Enchiladas Low-fat milk | Garden Sloppy Joes Low-fat Milk | Kale and White Bean Soup Low-fat milk | No-Bake Tuna Casserole with Cooked Carrots | Clean out the Fridge Night (Leftovers) Low-fat milk | Skillet Corn Chowder with veggies \& hummus | Scrambled eggs with veggies and whole wheat toast |
| SNACKS | Banana Peanut Butter Air-popped popcorn | Whole grain crackers cheese carrots | Banana <br> Peanut Butter <br> Air-popped popcorn | Whole grain crackers cheese carrots | Banana <br> Peanut Butter Air-popped popcorn | Whole grain crackers cheese carrots | Banana Peanut Butter Air-popped popcorn |

notes: Kids: School Lunch Monday - Friday
Sunday: Prepare and cook meals (cereal bars, veggie muffins, kale soup)


NOTESI. Check pantry for garlic powder, Italian seasoning, honey, and mayo from week 1 and 2 menus

