

menu plan

monday

Breakfast: Granola w/ yogurt and coffee
Snack: Banana
Lunch: Left over Asian roll-ups
Snack: Mixed nuts
Dinner: Tuna salad in cucumber boats

tuesday

Breakfast: Granola w/ yogurt and coffee
Snack: Apple
Lunch: Thai salad
Snack: Smoothie
Dinner: Red beans and rice

wednesday

Breakfast: Yogurt with honey and almonds
Snack: Smoothie
Lunch: Tuna sandwich and bell peppers with hummus
Snack: Mixed nuts
Dinner: Lobster ravioli with Caesar salad

thursday

Breakfast: Granola w/ yogurt and coffee
Snack: Banana
Lunch: Thai salad
Snack: Apple
Dinner: Sausage with peppers and baked beans

friday

Breakfast: Granola w/ yogurt and coffee
Snack: Banana
Lunch: Left over Asian roll-ups
Snack: Mixed nuts
Dinner: Tuna salad in cucumber boats

saturday

Breakfast: Yogurt with honey and almonds
Snack: Mixed nuts
Lunch: Collard wraps with white beans and tuna
Snack: Smoothie
Dinner: Garden burgers with hummus and fake potato salad

sunday

Family choice or day out

notes

Ah-Oh wants clubs with cranberries next week
Keos needs lunch ready when he gets home since he won't be eating at school anymore.