

# WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MON	BAGEL WITH NUT BUTTER AND BANANA SLICES	CHICKEN NOODLE SOUP, WITH COOKED CHICKEN, AND ADDED VEGGIES SERVED WITH CRACKERS.	TORTILLA PIZZA TOPPED WITH SLICED HAM, BELL PEPPER, AND SHREDDED CHEESE	STRAWBERRY AND CHEESE
TUE	BAGEL WITH CREAM CHEESE AND STRAWBERRY SLICES	HAM AND CHEESE WRAP SERVED WITH CARROT STICKS AND CHIPS.	MEXICAN BOWL: RICE TOPPED WITH COOKED CHICKEN, DICED TOMATOES, LETTUCE, AND SHREDDED CHEESE	CRACKER AND NUT BUTTER
WED	BAGEL WITH BUTTER AND A FRIED EGG	MACARONI SALAD WITH HAM, BELL PEPPER AND CHEESE	FRIED RICE WITH CHICKEN, CARROTS, CELERY AND EGG	CELERY AND NUT BUTTER
THU	QUICK OATS WITH BANANA SLICES AND NUT BUTTER	TUNA WRAP SERVED WITH CELERY STICKS, AND CHIPS.	OMELET WITH HAM, TOMATO, AND CHEESE	CRACKERS AND CREAM CHEESE
FRI	QUICK OATS WITH STRAWBERRY SLICES AND NUT BUTTER	EGG SALAD WRAP SERVED WITH CARROT STICKS, AND CHIPS.	TOMATO PASTE MACARONI WITH HAM, BELL PEPPER AND CHEESE	BANANA SLICES AND NUT BUTTER