**Fall Meal Plan**

**Snacks:**

Morning: M: Frozen berries

T: Apples/ PB

W: Cheese/ grapes

Th: Granola Bars (to go)

F: Veggies/ dip/ hummus

Afternoon: M: Yogurt

T: Poetry Tea Time w/ special dessert

W: Pretzels and Nutella

Th: Crackers, jam, cream cheese

F: Cookies

**Breakfast: GREEN SMOOTHIES**

Sunday: Omelets

Monday: Paleo Egg Cups

Tuesday: Oatmeal

Wednesday: Scrambled Eggs

Thursday: Frozen waffles or pancakes

Friday: Sunny-Side Up Eggs

Saturday: Waffles or pancakes w/ bacon

**Lunch: WATER**

Sunday: French Toast and Berries

Monday: Hard-boiled eggs, veggies, dip

Tuesday: Ham and Cheese cubes, fruit, veggies

Wednesday: Soup, crackers

Thursday: Tuna fish Salad, fruit, Chebe rolls

Friday: Baked Potatoes w/ sour cream and broccoli

Saturday: Grilled Cheese Sandwiches w/ soup or fruit

**Dinner: MILK**

Hospitality Sunday: Baked Potato Bar, Nachos, stir-fry, pulled pork, chicken sandwiches, white chicken chili

Monday: Chicken, pork, fish, or steak w/ sweet potatoes and green veggies

Tuesday: Soup (w/ Monday’s meat), cheese, fresh bread

Wednesday: Crockpot or Casserole (use ground beef), salad

Thursday: Brinner, fruit, veggie

Family Fun Friday: Pizza, veggies, ice cream sundaes or Root Beer Floats, etc.

Date Night Saturday: Rotisserie Chicken, fresh veggies, garden potatoes

**Desserts:** frozen berries, apple crisp, baked apples, hot apple cider, popcorn, chocolate-dipped strawberries, cinnamon roasted almonds, chocolate-coconut cookies, TJ coconut cashews