

Weekly Meal Planner

WEEK OF 4/18/15

MONDAY
School Testing All week →
AM: Eggs, fruit + toast
Lunch: salad, apple sauce, steak tips
PM: Roast pork, broccoli + cucumbers

TUESDAY
AM: Pancakes, blueberries
Cub Scouts
PM: Egg muffin pizzas
Dessert: No-bakes

WEDNESDAY
AM: Scrambled eggs, bacon, fruit
PM: Chicken, G. beans, rice
Swim

THURSDAY
AM: Oatmeal, blueberries
PM: Pork chops, stuffing, green beans

FRIDAY
AM: Dunkin' with Dad
PM: Pizza!!

SATURDAY
Refuse to cook!
PM: Ham + pot.
+ popcorn

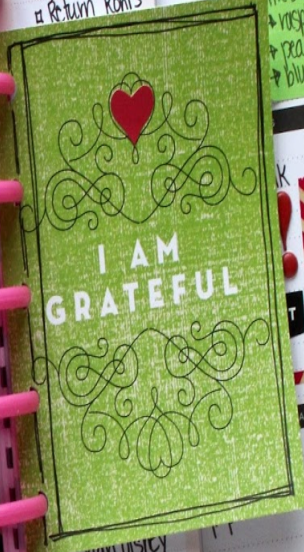
SUNDAY
PM: Steak tips, grilled veg, grilled peaches, salad.
baseball

Wal-Mart list →
TO DO:
□ Bank
□ Return Kohl's

DELI/BAKERY
Eng. muffins
pancake mix

LET'S DO THIS!

Look for different fillings →
→ raspberry
→ peach
→ blueberry



FROZEN
noted

MISCELLANEOUS
IMPORTANT
Healthy School Snacks

with messy stuff!!

TAKE NOTE

protein substance water

HOUSE CLEANING