



My Menu Planner



Monday	Tuesday	Wednesday	Shopping List
B	B	B	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
L	L	L	
D	D	D	
Thursday	Friday	Saturday	
B	B	B	
L	L	L	

PRINTABLE WEEKLY MENU CHART



	White Chocolate Popcorn	Soft Pretzels	Parfait (layered yogurt, fruit, granola)	Hot Chocolate, marshmallows and graham crackers	Sliced cheese, meat, crackers	Scalloped Potatoes Broccoli
	Breaded Chicken, Peas, Potato Casserole	Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	Pork Roast, Sweet Potato Casserole, Green Beans	BBQ Ribs, Corn Mashed Potatoes	Homemade Pizza & Salad (or order for delivery)	
11	12	13	14	15	16	17
Ravioli or Rigatoni and meatballs Bread Salad	Milk/Muffins/Fruit Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter Grilled Pork Chops Breaded Cauliflower, Salad	Smoothies/ pancakes Hamburgers Chips/Pickle Fruit Salsa & Tortilla Chips Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.	Smoothies/French Toast/Sausage Mini Pizzas (French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/ Pretzel toothpicks Chicken Lettuce Wraps , Fried Rice	Yogurt/Fruit/Granola Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip Meatloaf , Salad or veggie Mashed Potatoes	Smoothies/Egg, ham, cheese scramble Egg Salad Sandwiches Pretzels/Pickle Diced Orange, Apple, Craisin & Walnut Salad Green Chili and Homemade Tortillas	Chicken Stir fry Rice
18	19	20	21	22	23	24
Stuffed Shells Salad Bread	Smoothies/Eggs/Toast Tuna Salad Sandwich /Fruit/ Cheese Stick Cheese and Crackers Italian Beef Pot Roast & Veggies	Smoothies/ pancakes Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix Beef/Chicken Fajitas Rice/Beans	Smoothies/French Toast Mac-n-Cheese, veggies w/ranch PB, Honey & Banana Tortilla Pinwheels Breaded Pork Chops, Parsley Potatoes, Peas	Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels PB, Honey & Banana Tortilla pinwheels Tortellini Soup , Bread	Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip Coconut Chicken , potatoes, veggies	Grilled Chicken Cesar Panini's Pickle Chips
25	26	27	28	29	30	31
Rigatoni Salad Bread Sticks	Egg/Sausage/Cheese Burrito & Fruit Turkey & Avocado Tortilla Wraps & Fruit String Cheese and fruit Beef Brisket , Mashed Potatoes, Corn or Peas	Smoothies/ pancakes Sandwich/Pasta Salad/Fruit Parfait (layered yogurt, fruit, granola) Enchiladas or Beef Burritos , Rice/Beans, lettuce etc.	Smoothies/French Toast/Sausage Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers Hot Taco Soup	Yogurt/Fruit/Granola Bologna Sandwich, fruit, pretzels Frozen Gogurt Homemade Calzones Salad/Bread	Smoothies/Egg, ham, cheese scramble PB&J, fruit Trail Mix Breaded Chicken , pasta, salad	Sloppy Joe's Salad or veggie