

DINNER (4 WK ROTATION)

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily	Saturday	Sunday
<i>Mexican/Southwest</i>	<i>Mostly Meatless</i>	<i>Pasta/Italian</i>	<i>Comfort Food</i>	<i>Ethnic</i>	<i>Pizza/Leftovers</i>				
Soft Tacos w/ lettuce, cheese, tomatoes, refried beans, avacadoes, & salsa	Loaded Baked Potatoes	Creamy Pasta w/ breadsticks and salad	Meatloaf w/ Veggie and Bread n Butter	Thai Crockpot Chicken w/ Rice	Pizza or Leftovers	Something From the Freezer or a Deli Meal	Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ and Milk)	Pancakes (or Waffles), Bacon & Eggs	Muffins or a Casserole (prep ahead)
Fajitas w/ Onions, Peppers, Sour Cream, Salsa, Guac & Lettuce & Cheese	Greek Pasta Salad	Spaghetti w/ Meat Sauce, Salad & Garlic Bread	Pork Chops or Chicken w/ Veggie & Dinner Rolls	Caramalized Ginger Salmon w/ rice and salad	Pizza or Leftovers	Something From the Freezer or a Deli Meal	Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ and Milk)	Egg in the Hole or French Toast	Muffins or a Casserole (prep ahead)
Nachos or Quesadillas	Super Yummy Salad (maybe w/ fish or chicken)	Baked Casserole (lasagna, baked ziti, etc) w/ french bread and salad	Hamburgers or Steak w/ oven potatoes & salad	Asian Honey Chicken (SD p34) w/ Rice	Pizza or Leftovers	Something From the Freezer or a Deli Meal	Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ and Milk)	Sausage & Biscuits w/ Gravy	Muffins or a Casserole (prep ahead)
Chicken Sour Cream Enchiladas w/ Salad	Red Beans & Rice (SD p 16) w/ Salad	Panini's	Chicken Fried Steak w/ mashed potatoes, gravy and corn.	Tika Masala w/ Rice and Naan	Pizza or Leftovers	Something From the Freezer or a Deli Meal	Do Your Own Thing (Eggs, Cereal, Toast, Grits, Oatmeal, Potatoes, OJ and Milk)	Omelets or Scrambled Eggs w/ Mix-ins	Muffins or a Casserole (prep ahead)

LUNCH AND SNACKS (1 WK ROTATION)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Snack	Dried Fruit or Fruit Leather	Chips n Dip	Trail Mix	Veggie Sticks	Fruit and Yogurt		@ Church
Lunches	Mac n Cheese w/ Chicken Nuggets	Frozen Pizza or Pizza Rolls	Sandwiches (<i>PB & J, Ham/Turkey/Roast Beef, Tuna Salad or Bacon</i>) w/ Fruit or Deli Side Dish	Ramen Noodles w/ Fruit and Cheese	Hot Dogs or Chili Dogs or Frito Chili Pies		Eating Out
PM Snack	Tortilla Rollups	Smoothies	Cheese & Crackers	Yogurt Pops	Cheese Sticks		Granola Bars

Extra Ideas for Baby

<ul style="list-style-type: none"> *Toasted Raisin Bread *Canned Pears/Peaches/Etc *Green Beans *Steamed Carrots, sweet potato, etc *Dried Fruit *Goldfish
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