

		BREAKFAST	SNACK	LUNCH	DINNER
MONDAY	9/19	Eggs & Toast	Homemade Granola Bars	Leftovers	SWEET & SOUR LENTILS
TUESDAY	9/20	Granola & Milk	Apples & Almond Butter	Leftovers	PASTA W/ BASIL & TOMATOES
WEDNESDAY	9/21	Eggs & Toast	Frozen Banana Bites	Quesadillas	BBQ CHICKEN
THURSDAY	9/22	Smoothies	WW Banana Strawberry Crumb Muffins	Leftovers	ROAST W/ MASHED POTATOES & VEGGIES
FRIDAY	9/23	Oatmeal	Popcorn	Leftovers	TERIYAKI STEAK, POTATOES, SALAD, FRUIT SALAD,
SATURDAY	9/24	Granola, Yogurt, Fruit Parfait	Nuts & Raisins	Leftovers	SPAGHETTI W/ MARINARA SAUCE & VEGGIES
SUNDAY	9/25	Pancakes, Eggs, Potatoes	Cheese	(potluck) SUB SANDWICHES	HAMBURGERS