

Meal Plan Pattern

		Sun	Mon	Tue	Wed	Thur	Fri	Sat
Week 1	Breakfast	Toast with PB	Pancakes	Oatmeal or Cereal	Bagels	Brkfst burritos	Eggs & Toast	Cereal
	Lunch	Sloppy joes	Quesadillas	Sandwiches	PB&J	tuna	L/O	grilled cheese
	Supper	Chicken Strips	Pasta	tacos	Pizza	soup/salad	Burgers	waffles

Week 2	Breakfast	Toast with PB	Pancakes	Oatmeal or Cereal	Bagels	Brkfst burritos	Poached eggs	Cereal
	Lunch	crock pot	Bean & Cheese burritos	Sandwiches	PB&J	Sandwiches	L/O	PB&J
	Supper	Easy/Frozen	Spaghetti	tacos	Pizza	soup/salad	Fish & chips	french toast

Alternate Ideas

Sun	Mon	Tue	Wed	Thur	Fri	Sat
roast		Burritoos		Chili	Chicken	Potato skillet
stew		Enchaladas		Potato Soup	Meatloaf	bacon, egg, chz
Chz Chic tator		Stir-fry				
hotdish		Rice & beans				
Chili						