





Date:

				
No Time for Cooking (AKA - make it in the AM)	Oatmeal and frozen strawberries, juice	Pasta and marinara, fruit salad	Chicken Noodle Soup	pineapple
No Time for Cooking	scrambled eggs	PB & J, cantaloupe	Chicken Parmesan	Hummus and veggies
Away From Home for Dinner	poached eggs, bagel w/ cream cheese	Mac n' cheese, fruit	Turkey Sandwich on bagel with honey mustard dressing	crackers and cheese
Full Participation Dinner (AKA - Dinner by the Kids)	yogurt, fruit, juice	Chef salad	leftovers	cookies and milk
Nice Dinner	waffles, strawberries	leftovers	Balsamic Chicken , Eggplant Rollatini , carrots, peach crisp	Trail Mix
Weekend	Pumpkin Bread , fruit smoothie	Grilled cheese, tomato soup, fruit salad	Breakfast for dinner	apples and pears
Weekend	Cereal and fruit	Caribbean chicken salad	leftovers	carrots and ranch

Shopping List:
