



FAMILY SAMPLE MENU PLAN

Monday

Breakfast: Creamy Pudding
Snack: Yogurt with Frozen blueberries
Lunch: Dilly Delicious Tuna Pita Pocket, Multi-colored pepper strips
Dinner: Tot Pasta Pot
Green Bean Fries
Fresh whole wheat garlic bread

Tuesday

Breakfast: Super Oatmeal
Snack: 2 Wasa Multi Grain crackers with 2 slices of American or Muenster Cheese
Lunch: Red Pepper and Basil Hummus, vegetable sticks
Cantaloupe Balls, Feta and Olives
Dinner: Black Bean Soup, Strawberry and spinach salad

Wednesday

Breakfast: Dried Fruit Compote
Snack: Homemade chewy granola bar
Lunch: Pesto Pasta Salad (or leftovers from Mondays pasta as a cold salad, adding pesto),
Celery with cream cheese and raisins
Dinner: Flounder with Tomato Salsa, Brown Rice with Lemon

Included are a full listing of recipes and instructions,
a what-to-do-when timetable, completed by a shopping list,
making the week's meal planning as easy as possible for you!