



TWO WEEK MENU PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	<ul style="list-style-type: none"> Home-style beef stew Garden salad with ranch dressing Whole wheat roll Blueberry yogurt Fruit 	<ul style="list-style-type: none"> Sausage and bean Stew Honey carrot coins Cheesy corn bread Fruit 	<ul style="list-style-type: none"> Rotisserie chicken Garlic mashed potatoes Garden salad with ranch dressing Wheat bread sticks Blueberry yogurt 	<ul style="list-style-type: none"> Crusty mac and cheese with broccoli Apple and cucumber salad with honey dressing Cheesy cornbread Fruit 	<ul style="list-style-type: none"> Shepherd's pie Steamed parmesan broccoli Whole wheat tortilla chips Blueberry yogurt Fruit
Week two	<ul style="list-style-type: none"> Spaghetti with meat sauce Whole wheat rolls Caesar salad with crunchy croutons Strawberry yogurt Fruit 	<ul style="list-style-type: none"> Sloppy Joes/shredded lettuce Central city slaw Fruit 	<ul style="list-style-type: none"> BBQ chicken Brown rice with carrots, raisins, and orange dressing Cheesy cornbread Strawberry yogurt Fruit 	<ul style="list-style-type: none"> Double-thick cheesy pizza Veggie sticks w/ranch dressing Fruit 	<ul style="list-style-type: none"> Beefy nachos with grated cheese, lettuce and sour cream Mexican corn Strawberry yogurt Fruit