

## Back To School Healthy Weekly Meal Plan Week #1

Meals	MON	TUES	WED	THURS	FRI
Dinner	Spaghetti & meat or turkey meat balls Salad Fruit Cup with yogurt	Tacos Guacamole Salsa Salad Fruit Plate Milk	Roasted Chicken Sweet Potatoes Green Salad Milk  Fruit Snacks	Salmon Nuggets with Carrot Fries  Melon Balls  Milk	All Meat & Veggie Chili  Milk  Fruit: raspberries, strawberries, blueberries
Lunch	Hummus Pita Bread Grape Tomatoes Cucumber Wedges Sliced Oranges	Turkey Bagel Sandwich Blueberries String Cheese Milk	Cheese Quesadilla Guacamole Salsa Tortilla Chips Strawberries	Healthy Deli Meat & Cheese Kabobs Red Pepper Slices Apples Fruit Leather or Homemade Trail Mix	Hard Boiled Egg Baby Carrots & Ranch Pretzels Peaches or Apple
Breakfast	Turkey Bacon Crustless Quiche	Blueberry Plus Smoothie	Whole Grain English Muffin Egg Stack	Slice of whole wheat bread or English muffin with 1-2 Tbsp. nut butter	Greek yogurt topped with ¼ cup low fat granola, or a small handful of roasted almonds