

# Back To School Healthy Weekly Meal Plan Week #2

| Meals     | MON  | TUES   | WED  | THURS  | FRIDAY  |
|-----------|--|--|--|--|---|
| Dinner    | Grilled Pineapple Chicken<br>Basmati Rice/Black Beans<br>Fruit<br>Milk | Buttons and bows pasta<br><br>Vegetables: Cut up<br>peppers, carrots, celery<br>Etc.<br><br>Milk | Red, white, and green grilled<br>cheese<br>• pita pizzas<br><br>• tuna and avocado<br>cobb salad<br>• oatmeal pecan waffles<br>(or pancakes) | Pita Pizzas<br><br>Grapes, Kiwi<br><br>Milk                        | Tuna and avocado cobb<br>salad<br><br>Fruit Slices<br><br>Milk        |
| Lunch     | Whole Wheat<br>Grilled Cheese<br>Soup: Tomato/Vegetable                | Veggie Turkey<br>Quesadillas with<br>Guacamole   | Apricot Apple Chicken Salad<br>Carrots<br>Fruit & Nut Bar  | Turkey & Cheddar Rollups<br>Fresh Berries<br>Yogurt<br>Trail Mix   | Tuna sandwich<br>Fruit Shapes<br>Yogurt Tube                          |
| Breakfast | Unicorn Smoothie<br><br>Rainbow Fruit Kebabs                           | 1 whole-wheat<br>English muffin<br><br>2 Tbsp. natural<br>peanut butter<br><br>1 medium apple    | Whole grain cereal<br><br>Whole Wheat English Muffin<br>with nut butter<br><br>Milk  | Baked french toast fritters<br>with apples and bananas<br><br>Milk | Oatmeal pecan waffles<br>(or pancakes)<br><br>Fresh Fruit<br><br>Milk |
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