

## Back To School Healthy Weekly Meal Plan Week 4

Meals	MON	TUES	WED	THURS	FRIDAY
Dinner	Grilled Turkey Baked Sweet Potatoes Asparagus Sourdough Rolls Milk (Regular/Almond)	Tacos Salsa Guacamole Spanish Rice Mangos Milk	Chicken Teriyaki Stir-fry Whole Grain Rice Melon Mix Milk	Salmon Nuggets with Carrot Fries Peaches Milk	Easy Indian Curry Basmati Rice Indian Flat Bread Milk Green Salad
Lunch	Whole Wheat Grilled Cheese Soup: Tomato/Vegetable	Almond Butter +Jelly (PB+J) String cheese Fruit Cup	Whole Grain Crackers Cheddar Cheese Cubes Grapes Healthy Snack Bar	Bagel & Cream Cheese Yogurt Tube Baby Carrots Fruit Snacks	Veggie Wraps or Turkey Wraps with Hummus Edamame or Snap Peas Orange Granola Bar
Breakfast	Yogurt parfait with healthy granola and fruit (raspberries) Whole Wheat English Muffin with Nut Butter	French Toast Apple Sauce Milk	Whole grain cereal Whole Wheat Toast Milk	Slice of whole wheat bread or English muffin with 1-2 Tbsp. nut butter	Greek yogurt topped with $\frac{1}{4}$ cup low fat granola, or a small handful of roasted almonds