

FALL 2013

WEEK A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
eggs	muffins	pancakes	yogurt	cereal	oatmeal	toast
					leftover pizza	Teriyaki Chicken
Chicken Pesto Pasta	Runza Casserole	Enchiladas	Kale/Potatoes and meat	sourdough pizza	Breakfast	

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WEEK B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
eggs	muffins	pancakes	yogurt	cereal	oatmeal	toast
	soup & grilled cheese				leftover pizza	Pork Chops
Soup and bread	Quinoa/ Spinach bake	Baked egg rolls	Egg Casserole	sourdough pizza	Mac 'n Cheese	