

SUMMER 2013

WEEK A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
eggs	smoothies			pancakes		
						chicken (grilled)
popsicles		popsicles		popcorn	popsicles	
quinoa salad	BLTs or egg salad sandwiches	sweet potato kale casserole	potato crust quiche	sourdough pizza	quesadillas	

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WEEK B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
eggs	smoothies			pancakes		
						grilled burgers/brats
popsicles		popsicles		popcorn	popsicles	
Runzas or other pocket sandwiches	pasta/veggie salad	sweet and sour meatballs/ chicken	lettuce or cabbage wraps	sourdough pizza	breakfast	