

# MEAL PLAN

## BREAKFAST:

- Cereal
- Raisin bread
- Eggs and hashbrowns
- Pancakes
- Oatmeal

## LUNCH:

- Sub Sandwiches
- Soup
- Hot Dogs
- Kraft Dinner & Broccoli
- Pita Pockets with tuna salad

## DINNER:

- Stir Fry
- Clam Fettucine
- Chili
- Meatball Subs
- Grilled Chicken

## SIDES:

- Salad
- Rice
- Sidekicks
- Beans

## SNACKS:

- Fruit/veggies
- Yogurt
- Crackers
- Chips
- Cookies
- SMores (Marshmallows, graham crackers, chocolate)

## DRINKS:

- Coffee
- Tea
- Juice
- Pop
- Milk
- Water
- Beer
- Wine