

Back To School Healthy Weekly Meal Plan Week 3

Meals	MON	TUES	WED	THURS	FRI
Dinner	Baked Chicken Potatoes Green Beans Frozen Yogurt	Hamburger (meat, turkey or chicken) Whole Wheat Bun Green Salad/dressing Apple Slices Milk	Turkey & Sweet Potato Chili Green Salad Yogurt topped with fresh Fruit.	Crunchy chicken fingers with tangy dipping sauce Veggie tray with dip Rainbow fruit salad	All Meat & Veggie Chili Milk Fresh Fruit Tray
Lunch	Pizza Rollup Bento Box Watermelon Vegetables with dip size dressing	Bagel with Cream Cheese Yogurt Tubes Carrot Sticks Milk	Deli meat roll ups String Cheese Fruit Wedges Fruit Snacks Milk	Chicken Pitas with Hummus And vegetables Apple Sauce Milk	Grilled Cheese Chicken Noodle Soup String Cheese Apple Sauce
Breakfast	Unicorn Smoothie Rainbow Fruit Kebabs	1 whole-wheat English muffin 2 Tbsp. natural peanut butter 1 medium apple	Whole grain cereal Whole wheat Toast with nut butter Milk Orange Wedges	Toaster-Oven Quesadillas Mixed Fruit Milk/Almond Milk	Greek yogurt topped with ¼ cup low fat granola, or a small handful of roasted almonds