

Boys meals

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Bagels with butter, cinnamon roll seasoning, fruit and hard boiled eggs	Apple pouch + Movie treat	Mini ham and cheese melts, peas and carrots, apple	graham crackers and peanut butter with raisins	Beef and broccoli stir-fry
Tuesday	Oatmeal cups with berries and coconut butter	Protein bar + apple slices	Tuna melts + carrots and fruit	Apple nachos	Enchiladas + zucchini
Wednesday	Waffles with fruit	Bunnies + cheese stick	Chicken nuggets + steamed carrots	You pick!	Dijon pork chops + apple salad
Thursday	Smoothie bowls with granola	Protein bar + apple slices	Mac and Cheese and hot dogs	Cheese stick + ham rolled up + cuties	Salad bar night
Friday	Scrambled eggs and bacon	Yogurt parfait	macaroni and cheese with peas, hot dogs + pears	apples and peanut butter	Orange chicken with rice and broccoli
Saturday	Pancakes, scrambled eggs + fruit	Trail mix	turkey tortilla wraps with carrots and ranch	fruit, cheese stick and crackers	Grandpa and Granmas
Saturday	Fathers day brunch	Monkey milk + bunnies	Out to lunch you pick!	Cheese stick + ham rolled up + cuties	Burgers, sweet potato fries + salad