

Weekly Menu Plan

February 12-18, 2017

Su

Breakfast: Cracked Wheat, Raisins, Milk (or Vanilla Greek Yogurt)
Lunch: Walnut Orange Salad with Vinaigrette Dressing, Wheat Toast
Dinner: Ham and Bean Vegetable Soup, Wheat Roll
Snack Ideas: Apple Slices with Peanut Butter, Cucumber Salad

M

Breakfast: Broccoli Scrambled Eggs, Wheat Toast, Orange Slices
Lunch: Tabbouleh, Green Grapes, Greek Yogurt
Dinner: Chicken 'n Broccoli Stir-fry, Brown Rice, Asparagus (steamed)
Snack Ideas: Baked Apples, Spinach Yogurt Smoothie

Tu

Breakfast: Whole Wheat Pancakes, Strawberries, 1/2 c Vanilla Greek Yogurt
Lunch: Chicken Vegetable Soup, Roll, Garden Salad
Dinner: Hawaiian Haystacks on Brown Rice
Snack Ideas: Spinach Yogurt Smoothie, English Muffin Half with Jam

W

Breakfast: 1 c Apple Oatmeal, 1/2 c Greek Yogurt
Lunch: Black Bean Burrito, Green Salad, Cucumber Ranch Dressing
Dinner: Wheat Spaghetti, Steamed Green Beans, Italian Garden Salad
Snack Ideas: Light Vegetable Soup, Reduced Fat Triscuits

Th

Breakfast: Egg, Potato, Ham Scramble, Orange Slices
Lunch: Butternut Squash Soup, Steamed Asparagus, Wheat English Muffin
Dinner: Hamburger Vegetable Soup, Garden Salad, Cucumber Ranch Dressing
Snack Ideas: Light Greek Yogurt, Fresh Berries, 1/2 Sweet Potato

F

Breakfast: 1 c oatmeal, 1/4 c walnuts, 1/2 c Greek Yogurt, 1 c blueberries
Lunch: Black Bean Southwest Salad, Green Grapes
Dinner: Roasted Garlic Red Potatoes, Lemon Pepper Chicken, Green Salad
Snack Ideas: Spinach Yogurt Smoothie, Whole Wheat English Muffin

Sa

Breakfast: Egg Muffin Pan Crustless Quiche, Wheat English Muffin, Fruit
Lunch: Tuna Salad Sandwich on Wheat Bread, Carrots, Cucumber, Celery
Dinner: Bean Burrito, Garden Salad with Cucumber Ranch Dressing
Snack Ideas: Raw Vegetables and Hummus, Apple Slices and Peanut Butter