

Kid Friendly Menu 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinnamon rolls, scrambled eggs, sausage, milk	Cheerios, banana, milk	Oatmeal, milk, banana, pecans	Scrambled egg, mushrooms, onion, English muffin	Oatmeal, milk, chopped apple	Yogurt, blueberries, granola	French Toast, berries, juice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tuna Melts, raw veggies, apple	Peanut butter and Jelly sandwich, celery, apple, rice krispy treats, chips	Chicken salad sandwich, snap peas, grapes, yogurt, crackers	Turkey sandwich, red bell pepper, Swiss cheese, carrots, apple, crackers	Ham Sandwich, cheddar cheese, oranges, jicama, crackers, yogurt	Peanut Butter and Jelly sandwich, Celery, pear, rice krispy treat	Chicken Quesadillas
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Popcorn	Trail Mix	Apple	Trail Mix	Cottage cheese and peaches	Trail Mix	Yogurt, banana, trail mix
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pulled Pork Sandwiches, broccoli slaw	Teriyaki Chicken, brown rice, pineapple, edamame, salad	Salmon, Orzo, green beans, salad	Sloppy Joes, Baked potato fries, salad	Pizza Night, Salad	Tuna Casserole Salad	Stuffed Pasta Rolls, sautéed zucchini, salad
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Chocolate pudding, raspberries, chopped pecans	Cottage Cheese and peaches	Skinny Cow	Greek yogurt, pomegranate seeds, mini chocolate chips	Rice pudding	Skinny Cow	Cookies

Positively Kid Friendly Menu 2

Shopping List

Blueberries
Banana
Onion
Apple
Red bell pepper
Carrots
Grapes
Celery
Head lettuce
Tomatoes
Pomegranate seeds
Green Beans
Salad Mix
Pears
Berries
Pineapple
Broccoli Salad
Snap Peas
Potatoes
Jicama
Orange
Zucchini

Milk
Eggs
Shredded cheddar
Sliced Cheddar
Shredded Colby cheese
Parmesan Cheese
Shredded mozzarella Cheese
2 lbs. ricotta

Rice Pudding
Greek yogurt
Squeezable yogurt
Cottage Cheese
Cinnamon rolls

Ham
Sausage - breakfast
Sliced Turkey
Roast Beef

Syrup
Peanut butter
Jelly
Cheerios
Oatmeal
Rice Krispy Treats
Trail Mix

Chocolate Pudding
Chopped Pecans
Mini chocolate chips

Crackers
Pretzels
Popcorn
Chips
Cookies

Marinara Sauce
Egg noodles
Jumbo Pasta Shells
Brown Rice
Orzo
Vinaigrette
Salsa
Cream of Mushroom Soup
Teriyaki Sauce
Tuna
Chicken Salad
Olives
Mayonnaise
Sloppy Joe Mix

Lean ground beef
Chicken Breast
Salmon
Pulled Pork

Sandwich Bread
English Muffin
Tortillas
Sandwich Rolls

Skinny Cows
Pizzas
Peaches
Edamame
Peas