

Kids Meal Plan – Week 1

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	<ul style="list-style-type: none"> Oatmeal: (cooked in milk) ½ - 1 cup, Stir in 2 tsp brown sugar and dash of cinnamon Banana: ½ fresh Milk : 8 oz 	<ul style="list-style-type: none"> Whole Wheat Pita: filled with 2 Tbsp light cream cheese, a dash of dill or oregano, sliced cucumber and tomato Seedless Grapes: ½ cup Milk : 8 oz 	<ul style="list-style-type: none"> Roasted Chicken: 3-4 oz Baked Sweet Potato: ½ - 1 with 1-2 tsp butter Whole Wheat Dinner Roll: 1 small w/1 tsp butter Cranberry Sauce: ½ cup Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> Yogurt: 6 oz <p>Evening:</p> <ul style="list-style-type: none"> Vanilla Wafers: 6-10 Milk : 8 oz
MONDAY	<ul style="list-style-type: none"> Cottage Cheese: ½ cup Strawberries: ½ cup Cheerios: ¼ cup Milk : 8 oz 	<ul style="list-style-type: none"> Peanut Butter Sandwich: 1-2 slices 100% whole wheat bread, 1-2 Tbsp peanut butter, 1 Tbsp honey or jelly Pear: ½, fresh (skin on) Baby Carrots: ½ cup with 1 Tbsp light Ranch dressing Milk : 8 oz 	<ul style="list-style-type: none"> Tacos: 1-2 corn tortillas, 2-4 oz browned turkey or beef with taco seasoning, 2 oz shredded cheese, diced tomatoes, 1 Tbsp sliced avocado, 1 Tbsp sour cream, lettuce Applesauce: ½ cup unsweetened Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> Banana Chips: ½ cup <p>Evening:</p> <ul style="list-style-type: none"> Brownie: 1 small (2" x 2" max) Milk : 8 oz
TUESDAY	<ul style="list-style-type: none"> Frosted Mini-Wheat Cereal: 1 cup Blueberries: ½ cup fresh Milk : 8 oz 	<ul style="list-style-type: none"> Tuna Salad: 2 oz Whole Wheat Crackers: 8 - 10 Tomato: ½ sliced Apple: 1 fresh Milk : 8 oz 	<ul style="list-style-type: none"> Braised Pork or Lamb Chop: 3-5 oz Mashed Potatoes: ½ - 1 cup Broccoli: ½ cup steamed Fruit Cocktail (Light): ½ cup canned Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> Animal Crackers: ½ cup Milk : 8 oz <p>Evening:</p> <ul style="list-style-type: none"> 100% Fruit Juice Popsicle
WEDNESDAY	<ul style="list-style-type: none"> Toast: 100% whole wheat bread, 1- 2 slices, serve with butter or peanut butter Cantaloupe: ½ cup Milk : 8 oz 	<ul style="list-style-type: none"> Soup: 1-2 cups, Hearty type such as minestrone, black bean, chili, or chicken vegetable with pasta Whole Wheat Baguette: 1-2 slices to dip in soup Watermelon: 1 cup cubed Milk : 8 oz 	<ul style="list-style-type: none"> Whole Wheat Pasta: 1-2 cups, cooked with ½ cup tomato sauce and 2 oz cooked ground meat or 2 meatballs Garlic Bread: 2 slices Salad: 1 total cup of mixed lettuce, cucumber, tomato, carrot, croutons, other raw veggies as desired, 2 tsp light dressing Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> String Cheese: 1 <p>Evening:</p> <ul style="list-style-type: none"> Oatmeal Cookie: 2 small Milk : 8 oz
THURSDAY	<ul style="list-style-type: none"> Whole Wheat Mini Bagels: 1-2, Serve with 1-2 Tbsp light cream cheese Grapefruit: ½, fresh with 1 tsp sugar Milk : 8 oz 	<ul style="list-style-type: none"> Pasta Salad: 1-2 cups Kiwi: 1-2 whole Milk : 8 oz 	<ul style="list-style-type: none"> Beef Stew: 1-2 cups (slow-cooked beef with potatoes and carrots in gravy) Spinach: ½ cup steamed Canned Plums/Prunes: ½ cup (without pits) Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> Trail Mix: ½ cup (your own mix of dry cereal, raisins, pretzels, nuts) <p>Evening:</p> <ul style="list-style-type: none"> Graham Cracker Squares: 4 Milk : 8 oz
FRIDAY	<ul style="list-style-type: none"> Whole Wheat English Muffin: 1 Serve with butter and jam Hard-Boiled Egg: 1 Honeydew Melon: ½ cup Milk : 8 oz 	<ul style="list-style-type: none"> Tortilla Wrap: 1 whole wheat tortilla wrap, 1 slice cheese, 2-3 slices ham or turkey, 1-2 tsp light mayo or Ranch dressing, lettuce, tomato – roll up tightly and use dab of cream cheese to glue shut Orange: 1 fresh Milk : 8 oz 	<ul style="list-style-type: none"> Grilled Wild Salmon: 3-5 oz baked or grilled Wild Rice: ½ - 1 cup Green Beans: ½ cup steamed Pineapple: ½ cup fresh or canned Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> 10 Baked Corn Chips: Serve with 1 Tbsp guacamole <p>Evening:</p> <ul style="list-style-type: none"> Ice Cream: 1 scoop (3-4 oz.)
SATURDAY	<ul style="list-style-type: none"> Buttermilk Whole Wheat Pancakes: 2-3 with ½ cup vanilla yogurt and ½ cup berries on top. (See Recipe Page) Milk : 8 oz 	<ul style="list-style-type: none"> Pita Chips and Hummus: 1-2 oz of chips with 2-3 Tbsp hummus Fresh Green Pepper: ½ pepper cut into strips, serve with light Ranch dressing for dipping Mango: ½ cup, fresh Milk : 8 oz 	<ul style="list-style-type: none"> Pizza, Homemade: 2-4 slices (2-3" squares) with sauce, cheese, meat and veggie such as green pepper Mandarin Oranges: ½ cup canned Milk : 8 oz 	<p>Afternoon:</p> <ul style="list-style-type: none"> Light Popcorn: 3 cups <p>Evening:</p> <ul style="list-style-type: none"> Pudding: 4 oz