



From the Kitchen of the

Cent\$ible Nutrition Program



Spring Menu Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B: Breakfast Bars (251), fruit, milk L: Sandwich (with protein, cheese, and veggies), fruit D: Picnic Chicken (406), Baked Zucchini Fries (203), milk	B: Blueberry Pie Smoothie (309) L: Picnic Chicken (planover), Baked Zucchini Fries (planover) D: Vegetable & Beef Packet (381), Grilled Pineapple (146), milk	B: Scrambled Eggs (425), fruit, milk L: Tuna Salad Wrap (417), veggie slices D: Ginger Fish Stir-fry (375), brown rice, milk	B: Breakfast Bars (planover), fruit, yogurt L: Ginger Fish Stir-fry (planover), fruit D: Sweet Potato & Black Bean Burritos (451), green salad, milk	B: Green Power Berry Smoothie (309) L: Sweet Potato & Black Bean Burritos (planover), veggie slices D: Stuffed Green Peppers (194), avocado, milk	B: Pancakes (235), fruit, milk L: Stuffed Green Peppers (planover), fruit, milk D: Salmon Croquettes (420), Potato Salad (196), milk	B: Homemade Granola (261), fruit, milk L: Salmon Croquettes (planover), Potato Salad (planover), milk D: Chicken Enchiladas (410), green salad, milk
B: Peach-Orange Delight (310) L: Chicken Enchiladas (planover), fruit D: Skillet Beef Stroganoff (400), green salad, milk	B: Homemade Granola (planover), fruit, milk L: Skillet Beef Stroganoff (planover), veggie slices D: Simple Fish Tacos (423), avocado, veggie slices, milk	B: Scrambled Eggs (425), fruit, yogurt L: Simple Fish Tacos (planover), veggie slices D: Red Beans & Rice (447), grilled veggies, milk	B: Whole-grain cereal, fruit, milk L: Red Beans & Rice (planover), veggie slices D: Chalupa (415), Western Vegetable Salad (188), milk	B: Homemade Granola (planover), fruit, milk L: Chalupa (planover), Western Vegetable Salad (planover) D: Create your own salad (178), milk	B: Blueberry Muffins (238), fruit, milk L: Sandwich (with protein, cheese, and veggies), veggie slices D: Chicken Surprise Packet (384), green salad, grilled peaches (146), milk	B: Blueberry Pie Smoothie (309) L: Chicken Surprise Packet (planover), veggie slices D: Taco Pie (253), green salad, milk
B: Blueberry Muffins (planover), fruit, milk L: Taco Pie (planover), veggie slices D: Stovetop Frittata (430), green salad, milk	B: Green Power Berry Smoothie (309) L: Sandwich (with protein, cheese, and veggies), fruit D: Master Mix Pizza (275), green salad, milk	B: Blueberry Muffins (planover), fruit, milk L: Master Mix Pizza (planover), veggie slices D: Chicken & Broccoli Mac & Cheese (328), green salad, milk	B: Peach-Orange Delight (310) L: Chicken & Broccoli Mac & Cheese (planover), fruit D: Tuna Salad Wrap (417), Snappy Cole Slaw (190), milk	B: Scrambled Eggs (425), fruit, milk L: Tuna Salad lettuce wrap (planover), veggie slices D: Chicken Potato Packet (383), grilled veggies, milk	B: Whole-grain cereal, fruit, milk L: Sandwich (with protein, cheese, and veggies), veggie slices D: Steak and Potato Salad (180), whole grain bread, milk	B: Pancakes (235), fruit, milk L: Steak and Potato Salad (planover), veggie slices D: Salmon Orzo Salad with Asparagus (421), milk