



From the Kitchen of the

Cent\$ible Nutrition Program



Spring Menu Plan

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