



From the Kitchen of the

Cent\$ible Nutrition Program



Winter Menu Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>B: Homemade Granola (261), yogurt, dried fruit</p> <p>L: Tuna Lettuce Wrap (417), milk, fruit, sliced veggies</p> <p>D: Black Bean Soup (443), whole-grain bread, green salad, milk</p>	<p>B: Whole-grain toast, fruit, yogurt</p> <p>L: Black Bean Soup planover, whole-grain bread, green salad, milk</p> <p>D: Teriyaki Chicken (375), Sesame Snap Peas (187), brown rice, fruit, milk</p>	<p>B: Homemade Granola (plan over), fruit, milk</p> <p>L: Teriyaki Chicken with brown rice planover, fruit, yogurt</p> <p>D: Tacos (389), sliced veggies, milk</p>	<p>B: Whole-grain cereal, fruit, milk</p> <p>L: Sandwich (with protein, cheese, and veggies), yogurt, fruit</p> <p>D: Sweet Potato & Black Bean Burritos (451), green salad, milk</p>	<p>B: Whole-grain toast, fruit, yogurt</p> <p>L: Tacos planover, milk, sliced veggies</p> <p>D: Tuna Garden Casserole (378), Carrot & Fruit Slaw (163)</p>	<p>B: Pancakes (235), milk, fruit</p> <p>L: Sweet Potato & Black Bean Burritos planover, fruit, sliced veggies</p> <p>D: Meatloaf in a Mug (399), Seared Greens (185), milk</p>	<p>B: Breakfast Bars (251), fruit, milk</p> <p>L: Tuna Garden Casserole planover, yogurt, fruit</p> <p>D: Minestrone Soup (441), whole-grain bread, green salad, milk</p>
<p>B: Scrambled Eggs (425), fruit, milk</p> <p>L: Minestrone Soup planover, green salad, milk</p> <p>D: Vegetable Beef Packet (381), Fruit Parfaits (334), milk</p>	<p>B: Breakfast Bars planover, dried fruit, milk</p> <p>L: Sandwich (with protein, cheese, and veggies), fruit, yogurt</p> <p>D: Ginger Fish Stir Fry (375), brown rice, milk</p>	<p>B: Whole-grain toast, fruit, yogurt</p> <p>L: Ginger Fish Stir Fry planover, green salad, milk</p> <p>D: Spicy Lentil Stew (445), whole-grain bread, milk</p>	<p>B: Breakfast Bars planover, dried fruit, milk</p> <p>L: Spicy Lentil Stew planover, sliced veggies, milk</p> <p>D: Chicken Biscuit Pot Pie (404), green salad, fruit, milk</p>	<p>B: Whole-grain cereal, fruit, milk</p> <p>L: Chicken Biscuit Pot Pie planover, fruit, sliced veggies</p> <p>D: Mini Pizzas (388), fruit salad, milk</p>	<p>B: Blueberry Muffins (238), fruit, yogurt</p> <p>L: Veggie Omelet (427), fruit, milk</p> <p>D: Red Beans & Rice (447), sliced veggies, milk</p>	<p>B: Pancakes (235), fruit, milk</p> <p>L: Red Beans & Rice planover, sliced veggies, milk</p> <p>D: Chicken & Barley Soup (405), whole-grain bread, green salad, fruit, milk</p>
<p>B: Blueberry Muffins planover, fruit, milk</p> <p>L: Chicken & Barley Soup planover, sliced veggies, milk</p> <p>D: Beef & Black Bean Burritos (394), Zucchini chips (203), fruit, milk</p>	<p>B: Whole-grain toast, yogurt, fruit</p> <p>L: Sandwich (with protein, cheese, and veggies), fruit, milk</p> <p>D: Tuna Melt (417-418), Snappy Coleslaw (190), milk</p>	<p>B: Blueberry Muffins planover, fruit, yogurt</p> <p>L: Tuna Melt planover, sliced veggies, milk</p> <p>D: White Chili (409), whole-grain bread, green salad, fruit, milk</p>	<p>B: Whole-grain cereal, fruit, yogurt</p> <p>L: White Chili planover, sliced veggies, milk</p> <p>D: Skillet Beef Stroganoff (400), Seared Greens (185), fruit, milk</p>	<p>B: Scrambled Eggs (425), fruit, milk</p> <p>L: Skillet Beef Stroganoff planover, fruit, milk</p> <p>D: Fish Tacos (423), Crunchy Salad (164), milk</p>	<p>B: Pancakes (235), fruit, milk</p> <p>L: Omelet (428), sliced veggies, fruit, milk</p> <p>D: Spaghetti (388), Sesame Snap Peas (187), milk</p>	<p>B: Homemade Granola (261), fruit, yogurt</p> <p>L: Spaghetti planover, green salad, milk</p> <p>D: Chicken Tortilla Soup with Spinach & Corn (209), whole-grain bread, fruit, milk</p>