

Tuesday:

Breakfast - Carrot Cake Bars (E)

Lunch - Costco hot dog (no bun) (S)

Supper - Taco Salad (S)

Wednesday:

Breakfast - [Secret Ingredient Chocolate Peanut Butter Shake \(FP\)](#)

Lunch - Chef Salad, Boiled Eggs (S)

Supper - Dreamfields Spaghetti, Broccoli, WWBB Toast (S)

Thursday:

Breakfast - [Apple Crisp \(E\) \(using apples instead of peaches\)](#)

Lunch - Chicken Salad (S)

Supper - Beans & Rice (E)

Friday:

Breakfast - Sprouted Toast with Light Laughing Cow Cheese and Polaner jam (E)

Lunch - Leftover Beans & Rice (E)

Supper - Mexican Stuffed Peppers (S)

Saturday:

Breakfast - Omelette (S)

Lunch - Chicken Salad in Joseph's Pita, Deviled Eggs (S)

Supper - Chicken Stir Fry, Brown Rice (E)

Sunday:

Breakfast - [Upside Down Pineapple Oatmeal \(E\)](#)

Lunch - (We eat in our school cafeteria) (XO)

Supper - Leftovers (S) or (E)

Monday:

Breakfast - [Upside Down Pineapple Oatmeal \(E\)](#)

Lunch - Leftovers (S) or (E)

Supper - Pork Chops, Pea Salad, Green Beans (S)

Things I already have in my pantry/freezer/fridge:

Carrot Cake Bars

Dried Beans

Apples

Oatmeal

Sprouted Bread

Light Laughing CC

Red Peppers

Eggs

Joseph's Pitas

Canned pineapple

Pork chops

Frozen peas

Frozen okra

Canned green beans

Spaghetti sauce

Brown Rice

Cottage Cheese

Greek Yogurt

Dreamfields Spaghetti

Cheese

Milk