

DECEMBER MEAL PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: PASTA, MEATBALLS, SWEET POTATO, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: BEEF & VEGETABLE SOUP, BREAD BUN, PEARS, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: TURKEY CHILI, APPLE, BREAD BUN, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: HAM & CHEESE SANDWICH, GRAPES, CUCUMBERS, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>
TUE	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: FISH STICKS, BREAD BUN, GREEN BEANS, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: VEGGIE & HAM PIZZA, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN NUGGETS, BREAD BUN, CARROTS, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN & VEGGIE QUESADILLA, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>
WED	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN, CHEESE & LETTUCE WRAP, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, YOGURT, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: TURKEY & CHEESE SANDWICH, CARROTS, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, YOGURT, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: PIZZA GRILLED CHEESE, BROCCOLI, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, YOGURT, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: HAMBURGER & VEGGIE CASSEROLE, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, YOGURT, WATER</p>
THU	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN NOODLE SOUP, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN & VEGGIE FRIED RICE, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: BEEF, CHEESE, & LETTUCE TACOS., APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: CHICKEN PARM, BREAD BUN, SWEET POTATO, APPLES, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>
FRI	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: BLUEBERRY PANCAKES, SAUSAGE, VEGGIE & FRUIT SMOOTHIE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, WATER</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: EGG, VEGGIE & CHEESE WRAP, APPLE, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, MILK</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: TUNA SALAD WRAP, CARROTS, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, MILK</p>	<p>B: CEREAL / GRANOLA BAR, BANANA, MILK</p> <p>L: SHEPHERD'S PIE, BREAD BUN, GRAPES, MILK</p> <p>S: CRACKERS, CHEESE, ORANGE, MILK</p>