

ANY MONTH MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
1 Spaghetti	2 Pizza	3 Breakfast for Dinner	4 Egg Roll in a Bowl	5 Smoothies, Sandwiches, & Charcuterie	6 Beef Stew	7 Pizza Pasta
8 French Toast	9 Loaded Tater Tots or Rice Bowls	10 Tacos/Taco Salad/ Quesadillas	11 Tortellini Soup	12 Pizza Pasta	13 Pancakes	14 Fish, Veggies, & Rice
15 Smoothies, Sandwiches, & Charcuterie	16 Spaghetti	17 Pizza	18 Breakfast Casserole	19 Beef Tips, Veggies, & Rice	20 Tacos/Taco Salad/ Quesadillas	21 Crockpot Creamy Chicken Pasta
22 Pizza	23 Breakfast for Dinner	24 Jambalaya Rice	25 Smoothies, Sandwiches, & Charcuterie	26 Beef Tip Mac & Cheese	27 Pizza Pasta	28 Pancakes
29 Roast (Beef or chicken), Veggies & Rice	30 Tacos/Taco Salad/ Quesadillas					