Family Favorites

Meal Planning

|  |  |
| --- | --- |
| Breakfast | Lunch |
| Eggs on toast  Scrambled eggs and bacon  Cereal  Bars and fruit  Muffins  Monkey Bread  Egg casserole  Pancakes/waffles | Bbq sandwiches or baked potatoes  Homemade lunchables  PB and Nutella sand., crackers, fruit  Nachos  Chicken nuggets, crackers, carrots and broccoli w/hummus  Froz. Pizza or homemade pizza  Hot dogs, chips, yougurt |
| Dinner |  |
| Fettucine alfredo, salad  Salmon, roasted veggies, rice  Chicken, bkd potatoes, veggies  French bread pizzas  Roasted sausage & veggies and rice  Chicken/mushroom dish, rice and veggies  Lemon pork chops, cubed potatoes, roasted veggies  Lo mein noodles, chicken and wontons  Taco spaghetti  Chicken spaghetti and salad  Spaghetti and Meatballs, salad  Braised Chix, carrots and potatoes  Roast, potatoes and carrots  Crockpot Tacos  Lemon/Herb roasted whole chix, asparagus/salad, potatoes | Stuffed peppers  Hamburgers, homemade fries, carrots/broccoli w. hummus  Creamy Chicken Soup, bread  Burrito bowls |