



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Tuesday

Wednesday

Thursday

Friday

Turkey & Cheese **3**
Hoagie
Carrots
Fruit
Milk

Chicken Alfredo **4**
Broccoli
Fruit
Milk

Bake Mac & Cheese **5**
Garbanzo Beans
Fruit
Milk

Bake Chicken **6**
Green Beans
Dinner Roll
Fruit
Milk

Pizza **7**
Mixed Vegetables
Fruit
Milk

Nachos with Meat Sauce **10**
Garbanzo Beans
Fruit
Milk

Spaghetti & Meatballs **11**
Green Beans
Fruit
Milk

Chicken Parmesan **12**
Broccoli
Fruit
Milk

Cheeseburger **13**
Corn
Fruit
Milk

Fajita Chicken **14**
Rice
Carrots
Fruit
Milk

BBQ Chicken **17**
Carrots
Fruit
Milk

Philly Cheese Steak **18**
Broccoli
Fruit
Milk

Turkey & Cheese Sandw **19**
Carrots
Fruit
Milk

Beefy Mac & Cheese **20**
Green Beans
Fruit
Milk

Grilled Chicken Patty **21**
Rice
Mixed Vegetables
Fruit
Milk

Chicken Salad with **24**
Lettuce & Tomatoes
Dinner Roll
Fruit
Milk

Hamburger on Bun **25**
Corn
Fruit
Milk

Bake Chicken **26**
Rice Green
Beans
Fruit
Milk

Hot Dogs **27**
Veggie Beans
Fruit
Milk

Meatloaf **28**
Mashed Potatoes
Broccoli
Fruit
Milk

Turkey & Cheese Hoagie **31**
Carrots
Fruit
Milk

