



BEACH WEEK

Meal Plan



	BREAKFAST	LUNCH	DINNER
<i>Sunday</i>	-----	-----	Eat out!
<i>Monday</i>	Sausage hashbrown breakfast casserole , fruit	Sub sandwiches, fruit, chips	Slow cooker balsamic chicken , minute rice, frozen veggie
<i>Tuesday</i>	Donuts or Pop-tarts, fruit	Egg salad sandwiches, chips, fruit	Spaghetti, meatballs, pasta sauce, zucchini, Texas toast
<i>Wednesday</i>	Bacon and Cheese Frittata , fruit	Sub sandwiches, fruit, chips	Hot dogs and buns, macaroni and cheese, coleslaw
<i>Thursday</i>	Cinnamon rolls, fruit, sausage patties	Egg salad sandwiches, chips, fruit	Hamburgers, tater tots, frozen veggie
<i>Friday</i>	Cereal, fruit	Use up leftovers!	Steaks, mushrooms/onions, frozen veggie, garlic bread
<i>Saturday</i>	Eat up leftovers	-----	-----