

MONTHLY MEAL PLANNER

2022-2023 School
Year

Week 1

MON	Cereal Bar Cheese Stick Fruit Fruit Juice
TUE	Sausage Biscuit Fruit Fruit Juice
WED	Hard Boiled Egg Snack Crackers Fruit Fruit Juice
THU	Ultimate Breakfast Round Yogurt Raisins Fruit Juice
FRI	Pop tarts Fruit Fruit Juice

Week 2

MON	Cereal Fruit Fruit Juice
TUE	French Toast Fruit Fruit Juice
WED	Butterscotch Breakfast Bar Yogurt Fruit Fruit Juice
THU	Fruit & Yogurt Parfait granola Fruit Fruit Juice
FRI	Banana Bread Cheese Stick Fruit Fruit Juice

Week 3

MON	Granola Bites Cheese Stick Fruit Fruit Juice
TUE	Egg & Cheese Breakfast Sand. Fruit Fruit Juice
WED	Cinnamon Toast Crunch Bar Yogurt Fruit Fruit Juice
THU	Muffin Fruit Fruit Juice
FRI	Donuts Fruit Fruit Juice

Week 4

MON	Cereal Fruit Fruit Juice
TUE	Omelet (egg & cheese) Snack Crackers Fruit Fruit Juice
WED	Oatmeal Yogurt Fruit Fruit Juice
THU	Cinnamon Rolls Fruit Fruit Juice
FRI	Fruited Cheese Stick Fruit Fruit Juice

Week 5

MON	Pancakes Fruit Fruit Juice
TUE	Fruit and Yog. Parfait Granola Fruit Fruit Juice
WED	Cereal Bar Cheese Stick Fruit Fruit Juice
THU	Muffin Fruit Fruit Juice
FRI	Biscuit w/Jelly Fruit Fruit Juice