

		Sat	Sun	Mon	Tue	Wed	Thu	Fri
B r e a k f a s t	Main	Breakfast Tacos	Oatmeal	Breakfast Tacos	Boost Shake	Oatmeal	Boost Shake	Oatmeal
	Side	Vegetable Juice	Milk	Vegetable Juice	Granola Bar	Milk	Granola Bar	Milk
	Side		Cantaloupe			Cantaloupe		Cantaloupe
	Snack	Use Snacks to complete your Daily Food Groups						
	Notes	Scale the taco recipe for the number of servings needed		Scale the taco recipe for the number of servings needed				
L u n c h	Main	Lunch Out	Pork Spanish Rice	Roast Pork Soup	Vegetable Pot Pie	Pork Soup	California Roll Wraps	California Roll Wraps
	Side		Strawberries	Apple			Pineapple	
	Side					Freezer Inventory		
	Snack	Use Snacks to complete your Daily Food Groups						
	Notes	Lunch out can include up to 1.5 oz Meat. Watch Daily Totals.		Package Extra Servings for Freezer Meals	Fridge Inventory		Package Extra Servings in Fridge for Lunch on Friday	Fridge Inventory
D i n n e r	Main	Garlic-Apple Pork Roast	Buffalo Chicken Sliders	Vegetable Pot Pie	Garlic Shrimp Pasta	Greek Chicken & Rice	Italian Stuffed Beef Rolls	*Buffalo Chicken/Beef Rolls
	Side	Potatoes and Asparagus	Carrot & Celery Sticks	Strawberries w/whipped cream	Garden Salad	Brussels Sprouts	Fettuccine	
	Side	Whole Wheat Roll					Green Beans	
	Snack	Use Snacks to complete your Daily Food Groups						
	Notes	Package 5 cups of pork in Fridge for 2 lunches this week	Package Extra Servings for Freezer Meals	Package Extra Servings in Fridge for Lunch on Tuesday			Package Extra Servings for Freezer Meals	Freezer Inventory

Freezer Meal Inventory

	Save remaining Freezer Meal Inventory for another Dinner or Lunch next week							
Buffalo Chicken mix		2						-2
Pork Soup				5				-4
Beef Rolls							2	-2
								0
								0

Daily FO3 Totals (Meal Blocks only)

Saturated Fat	15	7	7	11	12	6	7	7
Cholesterol	300	293	140	276	155	118	110	115
Sodium	2000	1254	1276	1652	1479	1527	1774	1840

Daily Food Group Totals (Meal Blocks only)

Meat	6 oz	4.5	4.5	3.5	3	5	6	4
Grains/Starches	6	4.5	5	4	4	4.5	4	3.5
Vegetables	5	3.5	2	3	3	2.5	3	3
Fruits	4	0	2	2	0.5	3.5	1	2
Dairy	3	0	1	1	1.5	1	0	1

Use Snacks to complete your Daily Food Groups

*Daily totals were calculated with Beef Rolls