



# Menu week of \_\_\_\_\_



Champions for Change  
Arizona Nutrition Network

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Scrambled eggs, fruit, toast	Cereal and milk	Oatmeal with berries (Frozen)	Cereal and milk	Breakfast fruit cup	Breakfast smoothie w/yogurt	Cereal and milk
<b>Lunch</b>	Veggie roll-ups and fruit	Leftover chicken soup w/bread	Leftover veggie quesadilla	Black Bean and Corn Pita	Leftover Pita	Tuna Sandwich	PB and fruit sandwich
<b>Dinner</b>	Chicken Vegetable Soup w/Kale and bread	Vegetable Quesadilla	Sloppy Garden-Joes	Dinner Out	Sloppy Pasta Joes	Make your own pizza with side salad	Asian Chicken Salad
<b>Snacks</b>	Cut up veggies and dip	Cheese stick, apple, WG crackers	Fruit, yogurt, nut mix	Cut up veggies and dip	Bean dip and WG crackers	Cheese stick, apple, WG crackers	Baked apple wedges, veggie wrap
<b>Notes</b>	Return library books		Make black bean pita filling for lunches	Parent Teacher Conference			Lunch at the park (bring water bottles)

tip: Add frozen, canned, or dried vegetables and fruits to meals to make half your plate vegetables and fruits

Kids eat at school

Kids eat at school

tip: Choose foods that name a whole-grain ingredient first on the label's ingredient list. Look for words like whole wheat, whole-grain corn, or whole oats.

tip: Make the most of your meals. Save time by using leftovers throughout the week.

tip: Cut vegetables ahead of time for a fast snack. Try with bean dips or salad dressings for variety.