

Meal Planning Calendar - 1

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| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------|---|---|--|--|--|---|---|
| BREAKFAST | <ul style="list-style-type: none"> • <u>Oatmeal with bananas</u> • Almonds • Milk | <ul style="list-style-type: none"> • <u>Yogurt Parfaits</u> | <ul style="list-style-type: none"> • Peanut butter toast • Milk | <ul style="list-style-type: none"> • Oatmeal with raisins • Almonds • Milk | <ul style="list-style-type: none"> • Cold Cereal • Milk • Juice | <ul style="list-style-type: none"> • <u>Easy quiche</u> • Toast • Milk | <ul style="list-style-type: none"> • <u>Easy quiche</u> Leftovers • Juice |
| SNACK | <ul style="list-style-type: none"> • Yogurt with berries | <ul style="list-style-type: none"> • Corn bread leftovers | <ul style="list-style-type: none"> • <u>Frozen fruit cups</u> • Graham crackers | <ul style="list-style-type: none"> • <u>Splendid fruit salad</u> | <ul style="list-style-type: none"> • <u>Whole grain cereal treats</u> | <ul style="list-style-type: none"> • Raisins with cereal | <ul style="list-style-type: none"> • <u>Whole grain cereal treats</u> |
| LUNCH | <ul style="list-style-type: none"> • <u>Egg salad sandwiches</u> • Carrots • Apple | <ul style="list-style-type: none"> • <u>Egg salad sandwiches</u> • Carrots • Apple | <ul style="list-style-type: none"> • <u>Whole meal salad</u> • Canned peaches | <ul style="list-style-type: none"> • <u>Mexican chicken soup</u> leftovers • <u>Baked tortilla chips</u> | <ul style="list-style-type: none"> • Peanut butter sandwich • Broccoli • Kiwi | <ul style="list-style-type: none"> • <u>Supreme grilled cheese sandwiches</u> • Broccoli • <u>Hummus</u> | <ul style="list-style-type: none"> • Sandwiches (<i>with leftover meatloaf</i>) • Celery • <u>Hummus</u> leftovers • Milk |
| SNACK | <ul style="list-style-type: none"> • Crackers with peanut butter | <ul style="list-style-type: none"> • Crackers with cheese | <ul style="list-style-type: none"> • Yogurt with cereal | <ul style="list-style-type: none"> • Crackers with cheese | <ul style="list-style-type: none"> • Pepper slices | <ul style="list-style-type: none"> • Popcorn | <ul style="list-style-type: none"> • <u>Crunchy apple roll up</u> |
| SUPPER | <ul style="list-style-type: none"> • <u>Red beans and rice</u> • Corn bread • Milk | <ul style="list-style-type: none"> • <u>Crispy salmon patties</u> with onion, lettuce, bread • <u>Frozen fruit cups</u> • Milk | <ul style="list-style-type: none"> • <u>Mexican chicken soup</u> • <u>Baked tortilla chips</u> • Milk | <ul style="list-style-type: none"> • <u>Meat and veggie mac</u> • Side salad • <u>Hurry up baked apples</u> • Milk | <ul style="list-style-type: none"> • <u>Skillet lasagna</u> • Side salad • Garlic bread | <ul style="list-style-type: none"> • <u>Mouth watering meatloaf</u> • <u>Sweet potato fries</u> • <u>Fruit crisp</u> • Milk | <ul style="list-style-type: none"> • <u>Sweet and sour rice</u> • Pineapple • Milk |

Meal Planning Calendar - 2

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| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------------------|---|--|--|---|--|---|---|
| BREAKFAST | <ul style="list-style-type: none"> • <u>Easy Quiche</u> • Whole wheat English muffin • Skim milk | <ul style="list-style-type: none"> • Whole grain cereal • Yogurt • Orange | <ul style="list-style-type: none"> • Oatmeal • Raisins • Skim milk | <ul style="list-style-type: none"> • <u>Yogurt Parfaits</u> <i>(add nuts and cereal for a complete meal)</i> • 100% Juice | <ul style="list-style-type: none"> • <u>Peanut Butter Pita Pockets</u> • Skim milk | <ul style="list-style-type: none"> • Hard boiled egg • Whole wheat English muffin • Banana • Skim Milk | <ul style="list-style-type: none"> • <u>Oatmeal Pancakes</u> • Berries • Skim milk |
| SNACK | <ul style="list-style-type: none"> • <u>Peanut butter balls</u> | <ul style="list-style-type: none"> • <u>Splendid Fruit Salad</u> | <ul style="list-style-type: none"> • Cheese stick | <ul style="list-style-type: none"> • <u>Take-along Trail Mix</u> | <ul style="list-style-type: none"> • <u>Splendid Fruit Salad</u> leftovers | <ul style="list-style-type: none"> • Yogurt • Berries | <ul style="list-style-type: none"> • Peanut butter • Celery sticks |
| LUNCH | <ul style="list-style-type: none"> • Tuna sandwich on whole wheat bread • Veggie sticks • <u>Garbanzo Bean Dip</u> | <ul style="list-style-type: none"> • Leftover <u>Butternut Squash Enchiladas</u> | <ul style="list-style-type: none"> • <u>Pita Pockets</u> • Grapes • Pepper strips | <ul style="list-style-type: none"> • Leftover <u>Vegetable Pasta Soup</u> • Orange | <ul style="list-style-type: none"> • <u>Whole Meal Salad</u> • Whole grain roll | <ul style="list-style-type: none"> • <u>Wraps "Your Way"</u> <i>(use leftover chicken)</i> • Carrot and cellery sticks • Low fat dip | <ul style="list-style-type: none"> • <u>Supreme Grilled Cheese Sandwiches</u> • Canned fruit |
| SNACK | <ul style="list-style-type: none"> • Cheese stick • Whole grain crackers | <ul style="list-style-type: none"> • <u>Whole Grain Cereal Treats</u> | <ul style="list-style-type: none"> • Veggie sticks • <u>Garbanzo Bean Dip</u> leftovers | <ul style="list-style-type: none"> • <u>Peanut butter balls</u> leftovers | <ul style="list-style-type: none"> • <u>Whole Grain Cereal Treats</u> | <ul style="list-style-type: none"> • <u>Take-along Trail Mix</u> | <ul style="list-style-type: none"> • Popcorn |
| SUPPER | <ul style="list-style-type: none"> • <u>Butternut Squash Enchiladas</u> • Grapes • Skim milk | <ul style="list-style-type: none"> • <u>Not Your Average Steak Sandwich</u> • <u>Sweet Potato Fries</u> • Apple slices • Skim milk | <ul style="list-style-type: none"> • <u>Vegetable Pasta Soup</u> • Skim milk | <ul style="list-style-type: none"> • <u>Salmon Patties</u> • <u>Easy Roasted Veggies</u> • Skim milk | <ul style="list-style-type: none"> • <u>Chicken Fajitas</u> <i>(make extra chicken)</i> • <u>Quick Black Bean Salsa</u> • Whole grain tortilla chips • Skim milk | <ul style="list-style-type: none"> • <u>Pizza on a Potato</u> • <u>Salad in a Bag</u> • Skim milk | <ul style="list-style-type: none"> • <u>Sloppy Joes</u> • Canned green beans • <u>Fruit Crisp</u> • Skim milk |

Meal Planning Calendar - 3

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| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------|--|---|---|--|---|--|---|
| BREAKFAST | <ul style="list-style-type: none"> • <u>Scrambled Egg Muffins</u> • Whole wheat toast • Skim milk | <ul style="list-style-type: none"> • <u>Fruit Smoothie</u> • Whole grain cereal | <ul style="list-style-type: none"> • Whole wheat toast • Peanut butter • Orange • Skim milk | <ul style="list-style-type: none"> • <u>Scrambled Egg Muffins</u> leftovers • Whole wheat English muffin • Skim milk | <ul style="list-style-type: none"> • <u>Breakfast Splits</u> • 100% Orange juice | <ul style="list-style-type: none"> • <u>Crunchy Apple Roll-up</u> • Skim milk | <ul style="list-style-type: none"> • <u>French Toast</u> • Berries • Skim milk |
| SNACK | <ul style="list-style-type: none"> • <u>Graham Cracker Smackers</u> | <ul style="list-style-type: none"> • <u>Banana Oatmeal Bread</u> leftovers | <ul style="list-style-type: none"> • Cottage Cheese • Canned pineapple | <ul style="list-style-type: none"> • <u>Graham Cracker Smackers</u> | <ul style="list-style-type: none"> • Whole grain crackers | <ul style="list-style-type: none"> • Yogurt and berries | <ul style="list-style-type: none"> • <u>Take-Along Trail Mix</u> |
| LUNCH | <ul style="list-style-type: none"> • <u>Pork Loin and Vegetables</u> | <ul style="list-style-type: none"> • <u>Salmon Wrap</u> • Canned fruit | <ul style="list-style-type: none"> • <u>Pork Loin and Vegetables</u> leftovers • Whole grain roll | <ul style="list-style-type: none"> • <u>Mexican Chicken Soup</u> leftovers • Crackers • Grapes | <ul style="list-style-type: none"> • Turkey sandwich on whole grain bread • Carrots/Celery • Low fat dip | <ul style="list-style-type: none"> • <u>Chicken Club Salad</u> (<i>use extra chicken</i>) • Whole grain crackers | <ul style="list-style-type: none"> • <u>Creamy Egg Salad Sandwich</u> • Carrots • Grapes |
| SNACK | <ul style="list-style-type: none"> • <u>Banana Oatmeal Bread</u> | <ul style="list-style-type: none"> • <u>After School Hummus</u> • Cut-up veggies | <ul style="list-style-type: none"> • Popcorn | <ul style="list-style-type: none"> • Cheese stick | <ul style="list-style-type: none"> • Banana • Peanut butter | <ul style="list-style-type: none"> • <u>Take-along Trail Mix</u> | <ul style="list-style-type: none"> • Cheese stick |
| SUPPER | <ul style="list-style-type: none"> • <u>Zesty Whole Grain Salad</u> • Grapes • Skim milk | <ul style="list-style-type: none"> • <u>Santa Fe Stuffed Potatoes</u> • <u>Zesty Whole Grain Salad</u> leftovers • Skim milk | <ul style="list-style-type: none"> • <u>Mexican Chicken Soup</u> • Crackers • Apple • Skim milk | <ul style="list-style-type: none"> • <u>Pan Fried Tilapia with Orange Sauce</u> • Brown rice • Frozen peas • Skim milk | <ul style="list-style-type: none"> • <u>Chicken Alfredo Pasta</u> (<i>cook extra chicken</i>) • Skim milk | <ul style="list-style-type: none"> • <u>Mom's Pizza Boats</u> • Frozen mixed vegetables • Skim milk | <ul style="list-style-type: none"> • <u>Beef and Vegetable Stir-fry</u> • <u>Quick Fruit Dessert</u> • Skim Milk |