

	Breakfast	Lunch	Snack	Dinner
Monday	Blender Wheat Waffles	Vegetarian Chicken Sandwich Bites	Slow Cooker Applesauce	Sweet Potato Lentil Chili
Tuesday	Guacamole Eggs and toast	Turkey Swiss and Grape Sandwich	Sweet Potato Fries	Veggie Taquitos
Wednesday	Ham and Cheese English Muffin	Almond Butter and Honey sandwich	Rice Cakes and Kiwi Spread	Cajun Jambalaya Fettucine
Thursday	Raspberry Applesauce Smoothie	Chickpea Salad	Fresh Pineapple and Pistachios	Turkey Sloppy Joes
Friday	Cranberry White Chocolate Oatmeal	Strawberry Lunch Waffles	Juice Pops	Salmon with Lime Rice

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