

	Breakfast	Lunch	Snack	Dinner
Monday	Manic Monday Bagels	Hummus Avocado and Apple Sammy	Pumpkin Dip with Apples	Sweet BBQ Glaze Turkey Loaf
Tuesday	Frenchy's French toast	Black Bean Wrap	Graham Bananas	Chipotle Chicken Chili
Wednesday	Cajun Egg Sandwich	Turkey Greens in Pita	Fruit Slaw	Sweet and Sour Chicken
Thursday	Emerald Green Elixir	Fall Harvest Salad	Sticks and Stones	Enchiladas in the Slow cooker
Friday	Oaty Pancakes	Mini Pizza Shapes	Fruit on the bottom yogurt	Fish and Veggie Dinner in a Bag

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