

	Breakfast	Lunch	Snack	Dinner
Monday	Makin it Mine Oatmeal breakfast bar	Banana bread sandwiches and veggies	Frozen Mango and Grapes	Chili- Bean Burger
Tuesday	On the go hard boiled egg breakfast	Quinoa Walnut Salad	Apples with Creamy Lemon Yogurt dip	Crockpot Chicken and Creamy Pasta Sauce
Wednesday	Yogurt and Bananas With Honey Toast	Crunchable Lunchable	Fruit Sushi Wraps	Basil Pork Chops and Orange Walnut Brussels sprouts
Thursday	Pom – Cran Smoothie	Veggie and Fruit Platter (shaped like turkeys)	Save room for dinner	Thanksgiving meal!
Friday	Yogurt, granola and fruit	Post Thanksgiving Panini	Carrot Coins and Hummus	Leftovers

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