

	Breakfast	Lunch	Snack	Dinner
Monday	Michael's Mush	Grillin Peanut Butter and Bananas	Carrot Apple Salad	Veggie Packed Mac & Cheese
Tuesday	Egg-celent Morning with Toast	Winter Pasta Salad	Cauliflower and Carrots	Barley Mexican Salad
Wednesday	Peachy Creamy Crockpot Oatmeal	Toonie Tuna on Wheat	PB & Jammin Grahams	Pasta & Spinach Sausage
Thursday	Nuts for Blueberries Smoothie	Turkey Lurkey Apple Wrap	Hummus & Veg	Creamy Crockpot Chicken and Rice
Friday	Bagel Breakfast @ Natalie's	Egg Salad Sandwich	Fruit Sticks	Citrus Salmon

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