

Meal Plan March 24-28

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Quinoa Pear Breakfast	ALT (Avocado, Lettuce, Tomato) Sandwich	Yogurt Clouds and Blueberries	Popeyes Bean and Spinach Dish
Tuesday	Egg Sandwiches	Rootin Tootin Sammy	Tangy Fruit Salad	Raceway Sausage and Shrimp Rice
Wednesday	Tiger Crunch (Cereal and Milk)	Veggies in a blanket	Cracker Pizzaz	Chompin Chicken
Thursday	Spanky's Spinach Smoothie	Toasty Chicken Wraps	Cauliflower Swimming in Hummus	Citrus Basil Pork
Friday	Twisted Ricotta Raspberry Pancakes	Ham & Turkey Roll Ups	Banana Nut Stackers	Hoppin Tilly Tilapia

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