

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Split Breakfast	Black Bean and Barley Salad	Mango Monday Freeze	Quirky Quinoa
Tuesday	Green Eggs and No Ham	Ham and Cheese Basil	Cauliflower Bites	Taco Rice Cup
Wednesday	Cinnamon Nut Oats	Summertime Spinach Salad	Pita Dippers and Yogurt Dip	Spinach & Stuffed Shells
Thursday	Taste of the Tropics Smoothie	Kale & Bean Burrito	Cheese and Cucumbers	Slow Cooked BBQ Pork
Friday	Almond Bagels	Spinach and Feta Pasta	Orange You Glad it's not Banana Ice Pop	Tilly Tilapia Bake

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