

IMLA WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	SNACK
DAY 1	Sausage patty, boiled egg, 1/2 cup milk, slices apples	Baked chicken breast, green beans, rice, 1/2 cup milk	Applesauce, water
DAY 2	Apple cinnamon oatmeal, 1/4 cup fruit juice, 1/2 milk	Chicken pot pie, sliced peaches, 1/2 cup milk	Cheese, crackers, 1/2 fruit juice
DAY 3	Cornflakes, 1/2 milk, 1/4 cup fruit juice	Peanut butter & jelly on wheat bread, apple slices, 1/2 cup milk	Goldfish, 1/2 cup fruit juice
DAY 4	Waffle, peanut butter, yogurt pouch, 1/2 cup milk	Tuna salad on wheat bun, grapes, 1/2 cup milk	Granola bar, banana, water
DAY 5	Scrambled egg, sausage patty, slice of wheat toast, 1/4 cup fruit juice	Pizza, sliced peaches, 1/2 cup milk	Cheerios, pear slices, water