

Weekly Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Scrambled Eggs Hash browns	Milk WG Oatmeal Strawberries	Milk Beet Pancakes https://weelicious.com/2011/06/28/red-beet-pancakes/ Orange Smiles	Milk WG Toast w/peanut butter Sliced bananas	Milk WG Pita Triangles Roasted Beet Hummus https://minimalistbaker.com/roasted-beet-hummus/ Sliced Yellow Peppers
Lunch/Supper	Milk Pork Roast Roasted Root Vegetables https://eatfresh.org/recipe/side-dish/roasted-root-vegetables Apple Sauce WG Bread	Milk Baked Fish Beet Apple Salad https://eatfresh.org/recipe/side-dish/red-beet-and-apple-salad Steamed Broccoli WG Brown Rice	Milk Pulled Pork Sandwich (leftover from Monday) Frozen Corn Fresh Turnip Greens & Lettuce Salad WG Hamburger Bun	Milk HM Chicken Strips Baked Multi-colored Beet Fries https://www.holleygrainger.com/rosemary-beet-fries/ Pineapple WG Dinner Roll	Milk Beets, Beans, & Greens https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/beets-beans-greens Vanilla Yogurt Fresh Mango WG Wheat Crackers
AM/PM Snack	Dried Cranberries Celery Sticks w/peanut butter Water	Roasted Beet Hummus https://minimalistbaker.com/roasted-beet-hummus/ Baby Carrots & Cucumbers slices Water	Milk Blueberry Muffins	Mandarins Crackers Water	Bagel Blueberries Water