

## Menu Options

### Breakfast

puffed pancake  
breakfast burritos  
muffins & smoothies  
baked oatmeal  
eggs, scones, tea  
french toast  
breakfast sandwich

### Lunch

salad  
soup  
leftovers  
sandwich/ panini  
nachos  
muffin tin  
chicken nuggets

### Dinner

pasta  
taco  
one pot  
sandwich/soup  
pizza  
family favorite

### Snacks/Prep

broth  
energy balls  
popcorn  
biscuits  
baked oatmeal  
bake bread

Need help Menu Planning?

Click Here  
to grab your  
**FREE** copy!

You get BOTH!

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### Breakfast

### Lunch

### Dinner

### Snacks/Prep