

Beef	Chicken/Turkey	Fish	Alternatives	Soup	Ethnic	Sunday Breakfast
Mini meat loaves, mashed/baked sweet potatoes, green peas	Yogurt/mayo chicken, homemade Rice-a-Roni, broccoli	Salmon with lemon butter and dill, orzo w/ parmesan and basil, sautéed Brussels sprouts	Chili and grilled cheese (or cornbread) -OR- Casserole night	Turkey/chicken and wild rice	Sesame OR orange chicken, white rice, broccoli	Waffles/pancakes/muffins Greek yogurt smoothies
Salisbury steak, egg noodles, green beans	Alice Springs chicken, homemade fries/roasted potatoes, sautéed Brussels sprouts	Salmon cakes, homemade Rice-a-Roni, green and wax bean medley	Homemade pizza with turkey pepperoni or veggies	Turkey/chicken noodle	Indian kheema (ground beef and peas), homemade naan	Vanilla yogurt with homemade granola
Spaghetti and meatballs OR lasagna, green salad	Roast chicken, mashed potatoes and gravy, green peas	Flounder with lemon caper butter, orzo w/ parmesan and basil, carrots	Breakfast for dinner: crepes waffles pancakes eggs	Turkey ham and potato	Thai curried chicken, white rice, Oriental veggie blend	French toast, turkey sausage
Pot roast/oven steaks mashed potatoes and gravy, carrots	Roast turkey, rice and gravy, carrots/squash cranberry sauce	LC breaded fish tenders, baked potatoes with cheese/sour cream, mixed vegetables	Grill/bonfire night (hot dogs, hamburgers, steaks)	Vegetable beef	Tacos OR walking tacos with lettuce, cheese, veggies, homemade salsa	Scrambled eggs with cheese, turkey bacon

Casserole night options: Hamburger stroganoff over egg noodles, enchilada bake, taco pie, chicken/turkey divan, calico beans, hamburger broccoli

Spring/summer veggie alternatives: cucumber salad, asparagus, low carb coleslaw, broccoli salad

Breakfast sides: fruit juices, bananas, other fresh fruit in season

Veggie alternatives for picky kids: baby carrots, bunny carrots, celery, plain lettuce salad

Main dish alternatives for picky kids (which they must make themselves!) – peanut butter/deli meat sandwich, cereal/oatmeal, yogurt and granola, canned soup

Low carb alternatives for Mom and Dad: omit/limit starchy sides (1/2 cup), fathead pizza crust, oat/protein breakfast breads, taco salads, flax wraps/sandwich thins/bunless burgers, french cut green beans or zoodles, low-carb granola