**SUNDAY: 13th**

**Breakfast-** eggs & cinnamon toast

**Snack-** yogurt

**Lunch-** out

**Snack-** orange & string cheese

**Dinner-** Chicken Parmesan, Green Beans

**MONDAY: 14th**

**Breakfast-** Chocolate[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ PB & Banana

**Snack-** yogurt & fruit

**Lunch-** Chicken Parmesan, Green Beans

**Snack-** grapes & cheese

**Dinner-** Black & White Bean Chili

**TUESDAY: 15th**

**Breakfast-** Pumpkin Spice Latte [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58)

**Snack-** apple & peanut butter

**Lunch-** Black & White Bean Chili

**Snack-** orange & string cheese

**Dinner-** Spaghetti Squash w/meat sauce

**WEDNESDAY: 16th**

**Breakfast-** Chocolate[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ PB & Banana

**Snack-** orange & cheese

**Lunch–** Spaghetti Squash w/meat sauce

**Snack-** PBJ

**Dinner-** Quick & Hearty Gumbo

**THURSDAY: 17th**

**Breakfast-** Pumpkin Spice Latte [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58)

**Snack-** apple & peanut butter

**Lunch-** Quick & Hearty Gumbo

**Snack-** cheese & crackers

**Dinner**- leftovers/breakfast

**FRIDAY: 18th – School Party/Early Release**

**Breakfast-** Breakfast Sandwich

**Snack-** almonds

**Lunch-** pizza

**Snack-** cheese & crackers

**Dinner-** out

**SATURDAY: 19th**

**Breakfast-** Pancakes & Bacon

**Snack-** yogurt & fruit

**Lunch-** sandwich

**Snack-** trail mix

**Dinner-** out