**SUNDAY: 6th**

**Breakfast-** cereal

**Snack-** yogurt

**Lunch-** out

**Snack-** carrots & hummus

**Dinner-** Pot Roast

**MONDAY: 7th – Dad’s Birthday**

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

**Snack-** yogurt & fruit

**Lunch-** Pot Roast

**Snack-** grapes & cheese

**Dinner-** Chicken Tostada

**TUESDAY: 8th**

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

**Snack-** apple & peanut butter

**Lunch-** Chicken Tostada

**Snack-** yogurt & fruit

**Dinner-** Pork Roast with White Beans & Cranberries

**WEDNESDAY: 9th**

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

**Snack-** orange & cheese

**Lunch–** Pork Roast with White Beans & Cranberries

**Snack-** PBJ

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

**THURSDAY: 10th – Polar Express Day & Lit Night**

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

**Snack-** apple & peanut butter

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

**Snack-** cheese & crackers

**Dinner**- leftovers/breakfast

**FRIDAY: 11th – Mirus Holiday Party**

**Breakfast-** Breakfast Sandwich

**Snack-** almonds

**Lunch-** out

**Snack-** cheese & crackers

**Dinner-** out

**SATURDAY: 12th**

**Breakfast-** Pancakes & Bacon

**Snack-** yogurt & fruit

**Lunch-** sandwich

**Snack-** trail mix

**Dinner-** out