**SUNDAY: 12th**

**Breakfast-** pancakes & bacon

**Snack-** trail mix

**Lunch-** out

**Snack-** popcorn & string cheese

**Dinner-** spaghetti w/meat sauce

**MONDAY: 13th**

**Breakfast-** breakfast taco

**Snack-** Apple & Peanut butter

**Lunch-** spaghetti w/meat sauce

**Snack-** popcorn & string cheese

**Dinner-** Tilapia w/Kale & Tomato (T25)

**TUESDAY: 14th – Baseball Game**

**Breakfast-** Cereal w/blueberries

**Snack-** protein bar

**Lunch-** Tilapia w/Kale & Tomato (T25)

**Snack-** Apple & Cheese

**Dinner-** Sirloin Topped Arugula Salad (T25 5 Day)

**WEDNESDAY: 15th - Karate**

**Breakfast-** Shakeology

**Snack-** almonds

**Lunch–** Sirloin Topped Arugula Salad (T25 5 Day)

**Snack-** popcorn and string cheese

**Dinner-** Pasta with Seafood Marinara (Insanity)

**THURSDAY: 16th**

**Breakfast-** waffle & sausage

**Snack-** grapes

**Lunch-** out

**Snack-** protein bar

**Dinner**- leftovers/breakfast

**FRIDAY: 17th – Field Trip**

**Breakfast-** Cereal w/ blueberries

**Snack-** protein bar

**Lunch-** sack lunch

**Snack-** apple & string cheese

**Dinner-** out

**SATURDAY: 18th**

**Breakfast-** Breakfast taco

**Snack-** orange & string cheese

**Lunch-** Tuna Sandwich & fruit

**Snack-** Popcorn

**Dinner-** Out