**SUNDAY: 18th**

**Breakfast-** blueberry muffins, yogurt & berries (P90X)

**Snack-** grapes & string cheese

**Lunch-** out

**Snack-** granola bar

**Dinner-** Spaghetti w/ turkey sausage

**MONDAY: 19th- MLK Day/No school**

**Breakfast-** blueberry muffins, yogurt & berries (P90X)

**Snack-** almonds

**Lunch-** Spaghetti w/ turkey sausage

**Snack-** Wheat crackers, Swiss cheese & Salsa

**Dinner-** Tilapia with Kale & Tomato (T25)

**TUESDAY: 20th- Karate- Nanny’s Bday**

**Breakfast-** Apple cinnamon oatmeal

**Snack-** almonds

**Lunch-** Tilapia with Kale & Tomato (T25)

**Snack-** grapes & cheese

**Dinner-** Black & White Bean Chili, Salad, grapes (P90X)

**WEDNESDAY: 21st**

**Breakfast-** eggs & toast

**Snack-** yogurt

**Lunch–** Black & White Bean Chili, Salad, grapes (P90X)

**Snack-** cheese & crackers

**Dinner-** Chicken Tostadas

**THURSDAY: 22nd**

**Breakfast-** Greenberry Shakeology w/ Orange Juice

**Snack-** protein bar

**Lunch-** Chicken Tostadas

**Snack-** trail mix

**Dinner**- breakfast for dinner/leftovers

**FRIDAY: 23rd**

**Breakfast-** Apple Cinnamon Oatmeal

**Snack-** almonds

**Lunch-** salad

**Snack-** protein bar

**Dinner-** out

**SATURDAY: 24th**

**Breakfast-** kolaches & donuts

**Snack-** protein bar

**Lunch-** turkey, green beans, mac-n-cheese

**Snack-** trail mix

**Dinner-** turkey, green beans, mac-n-cheese