**SUNDAY: 3rd**

**Breakfast-** Waffles, Bacon

**Snack-** orange & string cheese

**Lunch-** out

**Snack-** popcorn w/craisins & almonds

**Dinner-** Chili w/ beer bread, salad

**MONDAY: 4th- No School**

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

**Snack-** almonds

**Lunch-** Chili w/ beer bread, salad

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

**Dinner-** Chicken & Spinach Salad (T25 5 Day)

**TUESDAY: 5th**

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

**Snack-** fruit & yogurt

**Lunch-** Chicken & Spinach Salad (T25 5 Day)

**Snack-** grapes & cheese

**Dinner-** Linguine with red clam sauce, salad

**WEDNESDAY: 6th**

**Breakfast-** Greenberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ V8 Energy

**Snack-** apple & peanut butter

**Lunch–** Linguine with red clam sauce, salad

**Snack-** edamame

**Dinner-**Italian Meatloaf, potato, spinach & romaine salad (P90X)

**THURSDAY: 7th**

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

**Snack-** orange & cheese

**Lunch-** Italian Meatloaf, potato, spinach & romaine salad (P90X)

**Snack-** popcorn

**Dinner**- breakfast for dinner/leftovers

**FRIDAY: 8th**

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

**Snack-** fruit & yogurt

**Lunch-** sandwich & fruit

**Snack-** popcorn & cheese

**Dinner-** out

**SATURDAY: 9th**

**Breakfast-** apple cinnamon oatmeal

**Snack-** fruit & yogurt

**Lunch-** sandwich & fruit

**Snack-** trail mix

**Dinner-** out