**SUNDAY: 8th**

**Breakfast-** Pumpkin Waffles, sausage

**Snack-** apple & peanut butter

**Lunch-** sandwich & fruit

**Snack-** carrots & hummus

**Dinner-** turkey chili

**MONDAY: 9th –Soccer Practice/Vegas**

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

**Snack-** carrots & hummus

**Lunch-** turkey chili

**Snack-** grapes & string cheese

**Dinner-** Chicken Nuggets, Macaroni, Green Beans

**TUESDAY: 10th -Vegas**

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

**Snack-** apple & peanut butter

**Lunch-** out

**Snack-** carrots & hummus

**Dinner-** Spaghetti & meat sauce

**WEDNESDAY: 11th –Soccer Training**

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

**Snack-** orange & cheese

**Lunch–** Spaghetti & meat sauce

**Snack-** PBJ

**Dinner-** out

**THURSDAY: 12th – Fun Run**

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

**Snack-** apple & peanut butter

**Lunch-** salad

**Snack-** grapes & string cheese

**Dinner**- leftovers/breakfast

**FRIDAY: 13th**

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

**Snack-** orange & string cheese

**Lunch-** out

**Snack-** pita bread & hummus

**Dinner-** out

**SATURDAY: 14th – Soccer Game**

**Breakfast-** Pumpkin Pancakes & Bacon

**Snack-** yogurt & fruit

**Lunch-** sandwich

**Snack-** trail mix

**Dinner-** out