**SUNDAY: 11th**

**Breakfast-** [Pumpkin Waffles](http://www.the-girl-who-ate-everything.com/2011/11/pumpkin-waffles.html) & Turkey Sausage

**Snack-** fruit & cheese

**Lunch-** Out

**Snack-** carrots & hummus

**Dinner-** Spaghetti & Meatballs

**MONDAY: 12th – Holiday/Soccer Practice**

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

**Snack-** orange & cheese

**Lunch-** Spaghetti & Meatballs

**Snack-** grapes & string cheese

**Dinner-** Slow cooker golden chicken with noodles

**TUESDAY: 13th**

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

**Snack-** apple & peanut butter

**Lunch-** Slow cooker golden chicken with noodles

**Snack-** carrots & hummus

**Dinner-** Tilapia Picatta, Orzo, green beans

**WEDNESDAY: 14th –Soccer Training**

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

**Snack-** orange & cheese

**Lunch–** Tilapia Picatta, Orzo, green beans

**Snack-** PBJ

**Dinner-** leftovers/breakfast

**THURSDAY: 15th**

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

**Snack-** apple & peanut butter

**Lunch-** sandwich & fruit

**Snack-** grapes & string cheese

**Dinner**- [Pumpkin Pasta](http://www.kitchentreaty.com/one-pot-creamy-pumpkin-pasta/)

**FRIDAY: 16th**

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

**Snack-** orange & string cheese

**Lunch-** [Pumpkin Pasta](http://www.kitchentreaty.com/one-pot-creamy-pumpkin-pasta/)

**Snack-** pita bread & hummus

**Dinner-** out

**SATURDAY: 17th - Soccer Game/Pumpkin Bash/Birthday Party**

**Breakfast-** Pancakes & Bacon

**Snack-** yogurt & fruit

**Lunch-** sandwich

**Snack-** trail mix

**Dinner-** out