**SUNDAY: 30th**

**Breakfast-** Bacon, Eggs & Toast

**Snack-** yogurt & fruit

**Lunch-** sandwich & fruit

**Snack-** popcorn & String Cheese

**Dinner-** Chicken Enchiladas, Rice & Beans

**MONDAY: 31st - Halloween**

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

**Snack-** yogurt & granola

**Lunch-** Chicken Enchiladas, Rice & Beans

**Snack-** apple & peanut butter

**Dinner-** Pizza

**TUESDAY: 1st**

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

**Snack-** yogurt & granola, grapes, almonds

**Lunch-** Salad

**Snack-** apple & cheese

**Dinner-** Fish tacos

**WEDNESDAY: 2nd Soccer Practice**

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

**Snack-** apple & peanut butter

**Lunch–** Fish tacos

**Snack-** yogurt, almonds & berries

**Dinner-** Quick & Hearty Gumbo

**THURSDAY: 3rd – Baseball Party /Bunco**

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

**Snack-** yogurt & grapes

**Lunch-** Quick & Hearty Gumbo

**Snack-** carrots & hummus

**Dinner**- Out

**FRIDAY: 4th**

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

**Snack-** apple & peanut butter

**Lunch-** sandwich & fruit

**Snack-** yogurt, granola, almonds

**Dinner-** out

**SATURDAY: 5th – BBQ Cook-off**

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

**Snack-** apples & cheese

**Lunch-** out

**Snack-** trail mix

**Dinner-** out