**SUNDAY: 18th**

**Breakfast-** Ham & Cheese Omelet, Toast

**Snack-** Yogurt & Berries

**Lunch-** Soup & Salad

**Snack-** Carrots & Hummus

**Dinner-** [Teriyaki Salmon](https://www.pinterest.com/pin/Ad-F-Y4VhgGlkf0l02hBytQSAgfGSm4DeTi9YT5WpbTM_ZJZhoSiuZw/), Soba Noodles, Snap Peas

**MONDAY: 19th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) Wake Me Up Breakfast Bars

**Snack-** carrots, hummus, grapes

**Lunch-** [Teriyaki Salmon](https://www.pinterest.com/pin/Ad-F-Y4VhgGlkf0l02hBytQSAgfGSm4DeTi9YT5WpbTM_ZJZhoSiuZw/), Soba Noodles, Snap Peas

**Snack-** yogurt & fruit

**Dinner-** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/), Brown Rice & Mixed Veggies

**TUESDAY: 20th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) No Bake Cookies

**Snack-** apple & string cheese

**Lunch-** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/), Brown Rice & Mixed Veggies

**Snack-** carrots, hummus & grapes

**Dinner-** [Pasta with Broccoli & Chicken Sausage](https://www.pinterest.com/pin/43628690126304449/)

**WEDNESDAY: 21st**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) Wake Me Up Breakfast Bars

**Snack-** yogurt & berries

**Lunch–** [Pasta with Broccoli & Chicken Sausage](https://www.pinterest.com/pin/43628690126304449/)

**Snack-** popcorn & string cheese

**Dinner-**[Slow Cooker Golden Chicken & Noodles](https://www.pinterest.com/pin/43628690123428322/)

**THURSDAY: 22nd - Thanksgiving**

**Breakfast-** [Turkey Cinnamon Rolls](https://www.pinterest.com/pin/43628690125034209/)

**Snack-** carrots, hummus, grapes

**Lunch-** Thanksgiving

**Snack-** apple & string cheese

**Dinner**- leftovers

**FRIDAY: 23rd – Thanksgiving II**

**Breakfast-** [Turkey Cinnamon Rolls](https://www.pinterest.com/pin/43628690125034209/)

**Snack-** yogurt & fruit

**Lunch-** Thanksgiving Menu

**Snack-** [Fall Snack Mix](https://www.pinterest.com/pin/43628690127452810/)

**Dinner-** leftovers

**SATURDAY: 24th**

**Breakfast-** Pancakes & Sausage

**Snack-** yogurt & fruit

**Lunch-** Sandwich & Soup

**Snack-** popcorn & string cheese

**Dinner-** out