**SUNDAY: 23rd**

**Breakfast-** [Pumpkin Waffles](https://www.pinterest.com/pin/Aa4PZuQ5cgAYpYxqgBJ7wKi32jELx0DALjeo60IRunisF5KDHkTvxg4/) & Turkey Bacon

**Snack-** apple & string cheese

**Lunch-** BLT, pear

**Snack-** carrots & hummus

**Dinner-** [Chicken Enchiladas](https://www.pinterest.com/pin/43628690120847923/), Rice, Black Beans

**MONDAY: 24th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana

**Snack-** yogurt & fruit

**Lunch-** [Chicken Enchiladas](https://www.pinterest.com/pin/43628690120847923/), Rice, Black Beans

**Snack-** carrots & hummus

**Dinner-** Shrimp Stir Fry

**TUESDAY: 25th - Pappa John’s Spirit Night**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana

**Snack-** yogurt & fruit

**Lunch-** Shrimp Stir Fry

**Snack-** carrots & hummus

**Dinner-** Pizza

**WEDNESDAY: 26th – MCON**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana

**Snack-** orange & almonds

**Lunch–** Out

**Snack-** trail mix

**Dinner-** out

**THURSDAY: 27th – Soccer Practice / MCON/ Guys Trip**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana

**Snack-** orange & almonds

**Lunch-** Out

**Snack-** popcorn

**Dinner**- leftovers

**FRIDAY: 28th Guys Trip**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana

**Snack-** apple & string cheese

**Lunch-** Grilled Chicken Salad

**Snack-** carrots & hummus

**Dinner-** out

**SATURDAY: 29th - Soccer Game / Guys Trip**

**Breakfast-** [Pumpkin Pancakes](https://www.pinterest.com/pin/43628690120742410/) & Sausage

**Snack-** yogurt & fruit

**Lunch-** sandwich & fruit

**Snack-** Fall Snack Mix

**Dinner-** Out