

Nutritious Lifestyles[®]

Date:

Week: 1

RD: *Allie Little MS, RD, W*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast Bacon Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Omelet Sausage Grits Toast Fruit Choice of Juice Choice of Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pork Tenderloin Mashed Potatoes Mixed Vegetables Dinner Roll Fruit Juice/Milk	Tuna Salad Sandwich w/Lettuce/Tomato Celery Sticks Chips Fruit Juice/Milk	Corn Dog Baby Carrots Tater Tots Fruit Juice/Milk	Grilled Ham & Cheese Sandwich French Fries Celery Sticks Fruit Juice/Milk	Chicken Salad Sandwich Baby Carrots Chips Fruit Juice/Milk	Grilled Cheese Sandwich Tomato Soup Crackers Chips Fruit Juice/Milk	Bacon Cheeseburger Pasta Spinach Garlic Bread Fruit Juice/Milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chili Buttered Corn Cornbread Fruit Cookie Beverage/Milk	Spaghetti w/ Meatballs Side Salad Garlic Bread Fruit Beverage/Milk	Chicken & Sausage Gumbo Seasoned Zucchini Crackers Fruit Beverage/Milk	Baked Ham Au Gratin Potatoes Green Beans Bread Slice Fruit Beverage/Milk	Steak Baked Potato Broccoli Side Salad Dinner Roll Fruit Beverage/Milk	Chicken Fajitas Refried Beans Spanish Rice Fruit Beverage/Milk	Fish N Chips Corn on the Cob Fruit Bread Slice Cupcakes Beverage/Milk

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Date:

Week: 2

RD: *Allie Little MS, RD, CD*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancake Bacon Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Scrambled Eggs Sausage Grits Toast Fruit Choice of Juice Choice of Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Mashed Potatoes Collard Greens Cornbread Fruit Juice/Milk	Hot Dogs Tater Tots Baby Carrots Fruit Juice/Milk	Turkey Sandwich Chips Celery Sticks Fruit Juice/Milk	BLT Sandwich French Fries Baby Carrots Fruit Juice/Milk	Deli Sandwich Chips Celery Sticks Fruit Juice/Milk	Chicken Salad Sandwich Chips Baby Carrots Fruit Juice/Milk	Meat Lasagna Side Salad Garlic Bread Fruit Juice/Milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Sausage & Pepper Sub Sandwich French Fries Side Salad Fruit Brownie Beverage/Milk	Teriyaki Chicken White Rice Green Peas Bread Slice Fruit Beverage/Milk	Cheeseburger French Fries Buttered Corn Fruit Beverage/Milk	Pork Chops Scalloped Potatoes Spinach Dinner Roll Fruit Beverage/Milk	Beef Tacos Black Beans Spanish Rice Fruit Beverage/Milk	Baked Tilapia Macaroni & Cheese Green Beans Bread Slice Fruit Beverage/Milk	Chef Salad Dinner Roll Fruit Pie Beverage/Milk

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Date:

Week: 3

RD: *Allie Little MS, RD, CD*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Waffles Bacon Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Omelet Sausage Grits Toast Fruit Choice of Juice Choice of Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Ribs Au Gratin Potatoes Spinach Cornbread Fruit Juice/Milk	Tuna Sandwich w/ Lettuce/Tomato Chips Celery Sticks Fruit Juice/Milk	Grilled Ham & Cheese Sandwich French Fries Baby Carrots Fruit Juice/Milk	Corn Dog Tater Tots Celery Sticks Fruit Juice/Milk	Turkey Sandwich Chips Baby Carrots Fruit Juice/Milk	BLT Sandwich French Fries Celery Sticks Fruit Juice/Milk	Chicken Parmesan Spaghetti Noodles Side Salad Garlic Bread Fruit Juice/Milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatballs & Rice Seasoned Carrots Fruit Cake Beverage/Milk	Beef Tips Buttered Noodles Mixed Vegetables Dinner Roll Fruit Beverage/Milk	Sloppy Joes Sweet Potato Fries Cole Slaw Fruit Beverage/Milk	Pizza Side Salad Garlic Knots Fruit Beverage/Milk	Beef Fajitas Black Beans Spanish Rice Fruit Beverage/Milk	Fish Sticks Macaroni & Cheese Green Beans Bread Slice Fruit Beverage/Milk	Hamburger Cornbread Casserole Seasoned Zucchini Fruit Cookie Beverage/Milk

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Date:

Week: 4

RD: *Allie Little MS, RD, W*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Biscuits & Gravy Bacon Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Cold Cereal Oatmeal Grits Pop Tart Fruit Choice of Juice Choice of Milk	Scrambled Eggs Sausage Grits Toast Fruit Choice of Juice Choice of Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roasted Turkey w/ Stuffing Mashed Potatoes Green Bean Casserole Dinner Roll Fruit Juice/Milk	Deli Sandwich Chips Baby Carrots Fruit Juice/Milk	Chicken Salad Sandwich Chips Celery Sticks Fruit Juice/Milk	Grilled Cheese Sandwich Tomato Soup Crackers Chips Fruit Juice/Milk	Hot Dog Tater Tots Baby Carrots Fruit Juice/Milk	Turkey Sandwich Chips Celery Sticks Fruit Juice/Milk	Ham Steak Macaroni & Cheese Roasted Cauliflower Cornbread Fruit Juice/Milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Grilled Chicken Salad Garlic Bread Fruit Cupcakes Beverage/Milk	Burritos Spanish Rice Buttered Corn Fruit Beverage/Milk	Beef & Broccoli Pasta Side Salad Garlic Bread Fruit Beverage/Milk	Chicken Tenders French Fries Seasoned Cabbage Bread Slice Fruit Beverage/Milk	Beef & Cheese Ravioli Spinach Garlic Bread Fruit Beverage/Milk	Chicken Pot Pie Corn on the Cob Dinner Roll Fruit Beverage/Milk	Fish Tacos Refried Beans Side Salad Pie Fruit Beverage/Milk

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