

Basic Menu Plan

	Breakfast 7 am	Lunch 11:30 am	Dinner 5 pm
Sunday	Cereal	Your On Your Own	Waffles
Monday	Cereal	Macaroni	Crockpot
Tuesday	Pancakes	Pizza Toast	Tacos
Wednesday	Your On Your Own	Peanut Butter	Omelets
Thursday	Your On Your Own	Leftovers	Meat & Veggies
Friday	Eggs & Bacon	Leftovers	Pasta
Saturday	Pastry or Oatmeal	Your On Your Own	Leftovers