

Weekly Meal Planner



Weekday	Breakfast	Calories/Cost	Lunch	Calories/Cost	Dinner	Calories/Cost.	Total Daily Calories/Total Daily Cost
Sunday							
Monday	Oatmeal, Fresh Fruit, Honey and Whole Milk	Calories- 528 Price \$ 1.88	Tuna Sandwich, Whole Wheat, pickel, lettuce, tomato. Dorittos	Calories- 629 Price \$2.01	Chicken Rice Bowl, broccili, carrots, white rice,	Calories - 912 Price \$ 3.87	Calories- 2069 Price \$ 7.76
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							