

MENU PLANNING

breakfast

lunch

dinner

snacks

1/13

Monday

eggs
toast
grapes

chili
(leftovers from
Sunday)

Chicken enchiladas
cauli rice

apple
cheese
peppers
hummus w/ p

trail mix

1/14

Tuesday

chia seeds
oatmeal
blueberries

Chicken enchiladas
cauli rice

air fryer parmesan chicken
spaghetti squash
salad

grapes
cheese
cucumbers
greek w/ p
granola bar

1/15

Wednesday

eggs
toast
blueberries

air fryer chicken parmesan
spaghetti squash

Chicken enchiladas
cauli rice

apple
cheese
peppers
greek w/ p

trail mix

1/16

Thursday

Yogurt
granola
apple

Salad/veggies
tuna packet
garbanzo beans

veggie, ham, and
cheese egg bake
salad

apple
peanut butter
granola bar

1/17

Friday

chia seeds
oatmeal
blueberries

veggie, ham, and
cheese egg bake
salad

~~out to dinner~~

grapes
yogurt
peppers
hummus w/ p

trail mix

1/18

Saturday

veggie, ham,
cheese egg
bake

salad/veggies
tuna
garbanzo beans

~~out to dinner~~

blueberries
yogurt
granola bar

1/19

Sunday

chia seeds
oatmeal
blueberries

leftovers from
eating out Fri/Sat

will plan for
next week →

Eat It Up Teachers Planning Guide

Yan Bai



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