

SAMPLE

MOH MEAL PLAN

B: Breakfast
MS: Morning Snack
L: Lunch
AS: Afternoon Snack



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	B: Cheerios w/ Blueberries MS: Seasonal Fruits L: Lentils & Rice, Vegetable salad, Fruit salad AS: Graham crackers & Mandarins	B: Waffle w/ Strawberries MS: Seasonal Fruits L: Beef soup & eggs, Vegetables, Fruit salad AS: Cookies & cheese, Strawberries	B: Cheerios w/ Blackberries MS: Seasonal Fruits L: Lentils & Rice, Vegetable salad, Fruit salad AS: Graham crackers & Strawberries	B: Waffle w/ Strawberries MS: Seasonal Fruits L: Lentils & Rice, Vegetable salad, Fruit salad AS: Saltine crackers Fruit Salad	
TUE	B: Oatmeal w/ Bananas MS: Seasonal Fruits L: Rotini Pasta, Chicken Breast, Brocoli, Strawberries & Grapes AS: Saltine crackers Grapes & Strawberries	B: Oatmeal w/ Blackberries MS: Seasonal Fruits L: Rice & green beans, Vegetables salad, Apples & strawberries AS: Bread with Jelly Grapes	B: Oatmeal w/ Bananas MS: Seasonal Fruits L: Beef stew, Vegetables and/or Rice, Fruit salad AS: Carrots & raisins, Fruit salad	B: Oatmeal w/ Bananas MS: Seasonal Fruits L: Beef soup & eggs Vegetables, Fruit salad AS: Bread & Peanut butter, Apples	
WED	B: Pancakes w/ Strawberries MS: Seasonal Fruits L: Chicken Stew, Vegetables and/or Rice AS: Saltine crackers Grapes & Strawberries	B: Waffles w/ Blueberries MS: Seasonal Fruits L: Mashed potatoes & spinach, Rice, Chicken breast, Fruit salad AS: Carrot, celery, apple Peanut butter	B: Bread w/ Butter & Jelly MS: Seasonal Fruits L: Green Spaghetti Yogurt & Fruits AS: Quesadillas & Blackberries	B: Cheerios w/ Bananas MS: Seasonal Fruits L: Spaghetti & ground beef, Egg, Fruit salad AS: Mozzarella cheese w/ Soda cracker & Grapes	
THU	B: Scrambled Eggs w/ Bread & Blackberries MS: Seasonal Fruits L: Green Spaghetti & Yogurt & Fruits AS: Bread & Jelly & Blackberries	B: Scrambled Eggs w/ Bread & Blueberries MS: Seasonal Fruits L: Green split peas, Vegetable salad, Apples and mandarins AS: Quesadillas Blackberries	B: Cheerios w/ Bananas MS: Seasonal Fruits L: Rice & beans Vegetables salad Apple and Strawberries AS: Soda Crackers & Cheese w/ Strawberries	B: Oatmeal w/ Blackberries MS: Seasonal Fruits L: Cauliflower omelet & Rice, tomato salad, Fruit salad AS: Yogurt, Apples and raspberries	
FRI	B: Waffles w/ Strawberries MS: Seasonal Fruits L: Pizza, Fruit Salad, "Birthday Party" AS: Mozzarella Cheese, Soda crackers & Grapes	B: Bread Butter & Jelly MS: Seasonal Fruits L: Spaghetti & ground beef, Egg, Fruit salad AS: Cookies & cheese, Strawberries	B: Scrambled Eggs w/ Bread & Blueberries MS: Seasonal Fruits L: Ground beef & potato, peas, corns, carrots, and/or Rice, Fruit salad AS: Quesadillas w/ Blackberries	B: Pancakes w/ Strawberries MS: Seasonal Fruits L: Chicken marinade Carrot, green peas Sweet potato & Rice, Yogurt AS: Arroz con Leche	