

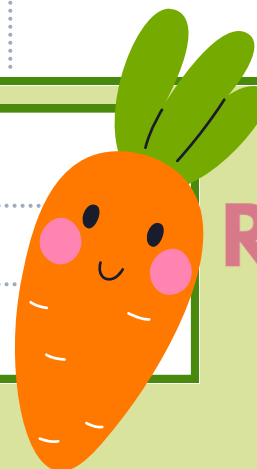


Monthly Meal Planner



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Weekend Leftovers	Penne + Pepper Strips	Hot Dogs & Buns	Chicken Fingers + French Fries	Pizza (homemade or frozen)
Weekend Leftovers	Lasagna + Salad	Meatballs & Spagetti	Fish Sticks + French Fries	Bagels & Tuna
Weekend Leftovers	Baked Ziti + Cucumbers	Hamburgers & Buns	Cheese Pancakes + Salad	Pizza (homemade or frozen)
Weekend Leftovers	Eggs & Toast	Chicken Fingers + French Fries	Pizza Bagels	Macaroni & Cheese

Notes



REAL MOMS

of New Jersey

