



Menu Planner

Theme: Carrots
Month: September



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Sweet Potato Pancakes	Veggie Frittata Muffins	Granola + Milk	Carrot Muffins + Fruit	Oatmeal + Fruit
Lunch	Lunch	Lunch	Lunch	Lunch
Rainbow Rice	Porcupine Turkey Sliders	Crunchy Hawain Chicken Wrap	Fiesta Bean Quesadilla	Mediterranean quinoa Salad
		 <small>Dark Green and Orange Vegetables This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.</small>	 <small>Dry Beans and Pitas This delicious main dish features a cream and tomatillo filling seasoned with cumin, chili powder, lime juice, and a medley of shredded carrots, red peppers, red onion, and reduced-fat cheddar cheese.</small>	 <small>A nutritious white grain called quinoa is mixed with a colorful variety of vegetables.</small>

