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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| D |  |  |  |  |  |  |  |

**Kiddo meal/snack ideas:**

* Kid pizza, oranges
* Chicken nuggets, apple slices, broccoli
* Cheese crisp, avocado and tomato
* Tortellini, tomato sauce and zucchini
* Grilled cheese and tomato sauce, peaches
* Smoothies
* Steamed veggies with hummus or Greek yogurt to dip

**Grocery List**

Fry’s

Trader Joe’s

Costco