

Easy College Dinner Weekly Meal Planner #1

Sunday	Breakfast Scrambled Eggs, Whole Grain Toast, Banana	Lunch Sandwich	Dinner Chili and Tossed Salad
Monday	Breakfast Oatmeal and Banana	Lunch Sandwich	Dinner Easy Chicken Parmesan and Steamed Vegetables
Tuesday	Oatmeal and Banana	Lunch Sandwich	Dinner Whole Grain Pasta with Meat Sauce served with Tossed Salad
Wednesday	Breakfast Oatmeal and Banana	Lunch Sandwich	Dinner Chicken Burrito Bowl
Thursday	Breakfast Oatmeal and Banana	Lunch Sandwich	Dinner Chicken Vegetable Fried Rice
Friday	Breakfast Oatmeal and Banana	Lunch Sandwich	Dinner Chili with Tossed Salad
Saturday	Breakfast Scrambled Eggs, Whole Grain Toast, Banana	Lunch Sandwich	Dinner Whole Grain Pasta with Meat Sauce served with Steamed Vegetables