



DINNER MENU IDEAS

Create Family Mealtimes with this week's dinner menu! Find these, and more great recipes on extension.usu.edu/foodsense.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sloppy Joe Sandwich	Minestrone Soup	French Toast Sticks	Taco Salad	Teriyaki Tofu Stir-fry	Pizza on Whole Wheat Crust	Homemade Chicken Tenders
Garlicky Green Beans	Basic Whole Wheat Bread	Scrambled Eggs	Tortilla Chips	Brown Rice	Green Salad	Parmesan Spinach Orzo
Milk	Milk	Canadian Bacon	Milk	Milk	Dessert Night: Blueberry Oat Cookies	Steamed Broccoli
	Dessert Night: Apple Cranberry Crisp	Fruit	Dessert Night: Strawberry Sorbet			
	Milk					

