

Sample Planner – Prepared Cold Menu

MONDAY

Menu

Whole wheat
bagel with cream
cheese
&
carrot sticks or
sliced cucumbers

Drink
Water

TUESDAY

Menu

No-Bake Breakfast
Cookies
&
fresh fruits

Drink
Water/Milk

WEDNESDAY

Menu

Vegetable stuffed
pita pockets
&
homemade
hummus or
tzatziki spread

Drink
Water

THURSDAY

Menu

Fruit and
yogurt
parfaits

Drink
Water

FRIDAY

Menu

“Ants on a log”:
celery with nut or
WOW butter and
raisins
&
Granola or whole
wheat crackers

Drink
Water/Milk

NOTES & SUGGESTIONS

Make the most of your ingredients- Leftover vegetables and fruits from early in the week can be used as ingredients for menu items later in the week. For example, unused vegetables can be used to stuff the pita pockets, and fresh fruits can be added to parfaits.