

The Joyful Jungle Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Waffles Pear Slices	Organic Oatmeal Apple Slices	Homemade Banana Bread Pear Slices	Whole Grain Pancakes Half a Banana	Whole Grain Toast Orange Slices
AM Snack	Apple Slices with Sunflower Seed Butter Spread	Broccoli with Garlic Greek Yogurt Spinach Dip	Sliced Celery with Sunflower Seed Butter Spread	Greek Yogurt with Blueberries	Sliced Cucumbers with Hummus
Lunch	Whole Grain Tortillas with Refried Beans & Cherry Tomatoes	Whole Grain Pancakes with Sunflower Seed Butter Spread, a banana & Green Beans	Whole Grain Pasta with spaghetti cheese sauce with a side salad, & Sliced Apples	Sunflower Seed Butter Spread with Jam on Whole Grain Bread, with sliced cucumbers, & sliced Oranges	Whole Grain Cheese Roll Up with sliced apples, & Green Peppers
PM Snack	Whole Grain Crackers & Sliced Apples	Whole Grain Goldfish & Sliced Pears	Whole Grain Animal Crackers & a Banana	Whole Grain Graham Crackers & Sliced Apples	Multi-Grain Crackers & Fruit Salad