

# Menu Planning Ideas

<b>Breakfast</b>	<b>Lunch</b>	<b>Snacks</b>	<b>Fruit</b>

## Dinner Options

<b>Beef</b>	<b>Chicken</b>	<b>Pork</b>	<b>Int'l Foods</b>
<b>Casseroles</b>	<b>Sides</b>	<b>Salads</b>	<b>Desserts</b>