



breakfast burritos - freeze
 spaghetti with vegetables
 salad with fruit and veggies
 veggies and cottage cheese
 sandwiches - cheese and veggies (tomatoes, onion, lettuce, cucs)
 pork tenderloin with grilled veggies
 cut up veggies with ranch dressing
 baggies of grapes, apples
 open faced, grilled sandwich - sliced tomatoes with feta
 fresh squeezed OJ