

MEAL PLANNING

Homeschool Edition

Theme: _____

Week of: _____

Grocery List:				
SUN				
MON	Breakfast	Lunch	Dinner	Snack
TUE	Breakfast	Lunch	Dinner	Snack
WED	Breakfast	Lunch	Dinner	Snack
THU	Breakfast	Lunch	Dinner	Snack
FRI	Breakfast	Lunch	Dinner	Snack

SAMPLE

MEAL PLANNING

Homeschool Edition

Theme: Fall for Jesus, He never leaves

Week of: 10/6 - 10/12

Grocery List:				
SUN	Flour, eggs, Greek yogurt, apples, pretzels, Hershey kisses, fall colored sprinkles, pecans, milk, chicken breasts, sliced-cheese, pumpkin, cinnamon rolls, lettuce, rice cakes and taco shells.			
MON	Breakfast	Lunch	Dinner	Snack
	Pumpkin Pancakes	Turkey and Apple Wraps	Chicken Fried Rice	Apple Slice Donuts
TUE	Breakfast	Lunch	Dinner	Snack
	Apple Cinnamon Oatmeal	Pumpkin Shaped Grilled Cheese	Chicken or Steak Quesadillas	Pumpkin Patch Pretzels
WED	Breakfast	Lunch	Dinner	Snack
	Harvest Breakfast Parfaits	Harvest Grain Bowl	Taco Salad	Owl Rice Cakes
THU	Breakfast	Lunch	Dinner	Snack
	Cinnamon Roll Owls	Pumpkin Mac and Cheese	Curry Chicken and Rice	Veggie Jack-O'-Lanterns
FRI	Breakfast	Lunch	Dinner	Snack
	Maple Pecan Waffles	Turkey and Cranberry Sliders	Sloppy Joes	Acorn Cookies

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	Pumpkin Pancakes	Turkey and Apple Wraps	Chicken Fried Rice	Apple Slice Donuts
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FALL-THEMED BREAKFAST RECIPES

1. Pumpkin Pancakes

Ingredients: Pancake batter with pumpkin puree, cinnamon, nutmeg, and vanilla extract.

Toppings: Maple syrup, whipped cream, and a sprinkle of cinnamon.

Fun Twist: Use cookie cutters to make pumpkin-shaped pancakes, or top them with chocolate chips to create jack-o-lantern faces.

2. Apple Cinnamon Oatmeal

Ingredients: Rolled oats cooked with diced apples, cinnamon, and a drizzle of honey or maple syrup.

Toppings: Add chopped walnuts or pecans for crunch and a few apple slices shaped like fall leaves.

Fun Twist: Serve in mini pumpkin bowls or top with a dollop of whipped cream.

3. Harvest Breakfast Parfaits

Ingredients: Layer Greek yogurt with granola, diced pears, apples, or pumpkin puree.

Toppings: Sprinkle with cinnamon, a drizzle of honey, and crushed graham crackers.

Fun Twist: Let the kids build their own parfaits and add fun layers with fall-colored fruit.

4. Cinnamon Roll Owls

Ingredients: Pre-made or homemade cinnamon rolls.

Toppings: Create owl faces using two slices of banana for eyes, blueberries for pupils, and a small carrot triangle for a beak.

Fun Twist: Serve with apple slices on the side for a fall fruit combo.

5. Maple Pecan Waffles

Ingredients: Waffle batter mixed with chopped pecans and a hint of maple syrup.

Toppings: Serve with more maple syrup, whipped cream, and a sprinkle of pecans or fall spices like cinnamon and nutmeg.

Fun Twist: Let the kids drizzle syrup on their waffles in fun patterns, like spirals or leaf shapes.

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FALL-THEMED LUNCH RECIPES

1. Turkey & Apple Wraps

Ingredients: Sliced turkey, cheddar cheese, apple slices, and a drizzle of honey or mustard, all wrapped in a whole wheat tortilla.

Side: Pair with carrot sticks and a small cup of hummus.

Fun Twist: Roll the wraps tightly and slice them into pinwheels for a fun, bite-sized presentation.

2. Pumpkin-Shaped Grilled Cheese

Ingredients: Whole wheat bread, cheddar cheese, and butter.

Side: Serve with tomato soup for dipping.

Fun Twist: Use a pumpkin-shaped cookie cutter to shape the sandwiches, and use a small knife to carve out eyes and a smile for a jack-o-lantern look.

3. Harvest Grain Bowl

Ingredients: Quinoa or brown rice, roasted sweet potatoes, apple slices, dried cranberries, and a sprinkle of cinnamon.

Side: Add a small container of yogurt or cottage cheese.

Fun Twist: Let your kids mix their own bowls and add toppings like sunflower seeds or chopped nuts for extra crunch.

4. Pumpkin Mac & Cheese

Ingredients: Whole grain pasta mixed with a cheesy pumpkin sauce (made with pumpkin puree, cheese, and milk).

Side: Serve with roasted broccoli or a side salad.

Fun Twist: Top with crunchy breadcrumbs or crushed crackers shaped like fall leaves.

5. Turkey and Cranberry Sliders

Ingredients: Mini slider buns filled with sliced turkey, cream cheese, and a dollop of cranberry sauce.

Fun Twist: Use small leaf-shaped cutters to create a cute sandwich shape or serve in a bento box with fall-themed picks.

Side Idea: Pair with baby carrots and ranch dip or baked sweet potato chips.

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FALL-THEMED SNACK RECIPES

1. Apple Slice "Donuts"

Ingredients: Apple slices, cream cheese or peanut butter, sprinkles, mini chocolate chips, or granola.

Instructions: Cut apples horizontally into round slices, then remove the core. Spread cream cheese or peanut butter on each slice and top with sprinkles, mini chocolate chips, or granola to resemble decorated donuts.

2. Pumpkin Patch Pretzels

Ingredients: Pretzel sticks, orange candy melts, green candy melts, or green M&M's.

Instructions: Dip pretzel sticks into melted orange candy melts, allowing them to harden. Use a dab of melted green candy to attach an M&M on top as the "pumpkin stem."

3. Owl Rice Cakes

Ingredients: Rice cakes, peanut butter or almond butter, banana slices, blueberries, and pretzel sticks.

Instructions: Spread peanut butter on rice cakes. Use banana slices and blueberries to create owl eyes and pretzel sticks to form the owl's feathers or wings.

4. Veggie Jack-O'-Lanterns

Ingredients: Orange bell peppers, sliced cucumbers, baby carrots, and ranch dip.

Instructions: Cut off the tops of orange bell peppers and scoop out the seeds. Carve jack-o'-lantern faces into the sides of the peppers. Fill the peppers with cucumbers and baby carrots and serve with ranch dip on the side.

5. Acorn Cookies

Ingredients: Mini Nilla wafers, Hershey's Kisses, and mini chocolate chips.

Instructions: Use melted chocolate to "glue" a mini Nilla wafer to the bottom of a Hershey's Kiss, creating an acorn shape. Add a mini chocolate chip on top of the Nilla Wafer as the acorn stem. Allow the chocolate to firm up by placing the acorn cookies in the fridge for a few minutes.