



Silver Meal Plan Sample

A 3-Week Sample Plan for students who keep Kosher

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	Buffalo Chicken Strips, French Fries, and Steamed Broccoli Bear's Den L'Chaim \$12.99	Grilled Chicken, Roasted Sweet Potatoes, Garlic Roasted Green Beans Kosher at DUC Simple Servings \$12.99	Soy Glazed Salmon, Steamed Rice, Green Beans Bear's Den L'Chaim \$12.99	Fried Tofu,Charred Corn, Satueed Zucchini Kosher at DUC Simple Servings \$12.99	Tuscan Herb Tilapia, Lemon Parsley Potato Wedges, Sauteed Spinach Bear's Den L'Chaim \$12.99	Grab & Go Kosher Pastrami Sandwich Paws & Go \$9.99	Smoked Salmon, Bagel with Capers, Onions and sliced tomatoes Bear's Den L'Chaim \$12.99
Dinner	Greek Lemon Chicken, Balsamic Roasted Vegetables, Jasmine Rice Bear's Den L'Chaim \$11.50	Baja Fish Tacos, Spanish Rice, Mango, Watermelon & Pineapple Salad Bear's Den L'Chaim \$11.50	Grilled Tuscan Turkey, Glazed Carrots, Potato Latke Bear's Den L'Chaim \$11.50	BBQ Beef Brisket, Baked Beans, Garlic Green Beans Bear's Den L'Chaim \$11.50	Grab & Go Kosher Roast Beef Wrap Paws & Go \$9.99		Rotisserie Chicken, Roasted Broccolini, Roasted Red Potatoes Bear's Den L'Chaim \$12.99
Total Points/day	\$24.49	\$24.49	\$24.49	\$24.49	\$22.98	\$9.99	\$25.98

Total Weekly Points Available

\$154

Total Weekly Points Used

\$157



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	Corned Beef, Roasted Red Potatoes, Cabbage & Onions Kosher at Beast Craft \$12.99	Roasted Tofu, Green Beans, Fruit Salad Kosher at Village \$12.99	BBQ Chicken, Smashed Red Potatoes, Collard Greens Kosher at Beast Craft \$12.99	Chicken Shwarma Pita Sandwich and Fruit Salad Kosher at Village \$12.99	Chicken Tenders, Roasted Butternut Squash, Roasted Green Beans Kosher at Beast Craft \$12.99		French Toast, Scrambled Eggs, Potato Latkes Bear's Den L'Chaim \$12.99
Dinner	Grilled Chicken, Roasted Cauliflower, Garlic Mashed Potatoes Kosher at Village \$12.99	Cheese Quesadilla, Spanish Rice, Roasted Potatoes, Mango Watermelon, Pineapple Salad Bear's Den L'Chaim \$11.50	Herb Roasted Turkey, Garden Pot Pie, Collard Greens, Mashed Potatoes, Mixed Berries Kosher at Village \$12.99	Jerk Chicken, Okra, Steamed Rice, Pineapple Mango and Mint Salad Bear's Den L'Chaim \$11.50	Grab & Go Schnucks Kosher Sandwich: Smoked Turkey Milbrook Market \$9.99	Kosher Grab & Go Bagel & Lox Milbrook Market \$11.99	Teriyaki Glazed Salmon, Sauteed Bok Choy, Garlic Snow Peas, Jasmine Rice Bear's Den L'Chaim \$12.99
Total Points/day	\$25.98	\$24.49	\$25.98	\$24.49	\$22.98	\$11.99	\$25.98

Total Weekly Points Available

\$154

Total Weekly Points Used

\$162



Silver Meal Plan Sample

A 3-Week Sample Plan for Students who keep Kosher

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	Reuben, Simple Roasted Potatoes, Broccoli Bear's Den L'Chaim \$12.99	Moroccan Chickpea Stew, Tumeric Rice, Grilled Zucchini Kosher at Beast Craft \$12.99	French Dip, Lemon Green Beans, Fruit Salad Kosher at Village \$12.99	Chicken Teriyaki, Gai Lan Mushroom, Veggie Stir Fry Kosher at DUC Simple Servings \$12.99	Chicken Tenders, Simple Smashed Yukon Gold Potatoes, Steamed Green Bear's Den L'Chaim \$12.99	Kosher Grab & Go Chicken Wrap Milbrook \$9.99	Pancakes, Scrambled Eggs, Potato Latkes, Fruit Bear's Den L'Chaim \$12.99
Dinner	Korean Beef Bulgogi, Napa Cabbage, Garlic Broccoli, Kimchi Fried Rice Kosher at Village \$12.99	Black Bean Quesadillas, Baja Fish Tacos, Spanish Rice, Roasted Green Beans Bear's Den L'Chaim \$11.50	Chicken Fried Steak, Garlic Mashed Potatoes, Southern Cole Slaw Bear's Den L'Chaim \$11.50	Turkey Bacon, Biscuits and Gravy, Potatoes O'Brien, French Toast, Fruit Salad Kosher at Village \$12.99	Grab & Go Schnucks Kosher Sandwich: Honey Mustard BBQ Chicken Sandwich Paws & Go \$9.99		Bruschetta Flatbread, Roasted Italian Vegetables, Macedonia di Frutta Bear's Den L'Chaim \$12.99
Total Points/day	\$25.98	\$24.49	\$24.49	\$25.98	\$22.98	\$9.99	\$25.98

Total Weekly Points Available

\$154

Total Weekly Points Used

\$160