

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs Toast Sausage Juice	Pancakes Fruit	Cold Cereal Milk Fruit	Oatmeal Milk Fruit Nuts	Egg, Pepper, and Onion Omelet	Waffles Fruit	Eggs Hashbrown
Lunch	Chicken Salad Sandwich	Grilled Cheese Sandwich Broccoli	Vegetable Pasta	Peanut Butter and Jam Sandwich Apples	Bean and Cheese Burritos Salsa	Chicken Wraps	Canned Soup and Crackers
Dinner	Spaghetti and Meatballs Garlic Bread Green Beans	Chicken, Rice and Broccoli Casserole	Tacos	Chicken and Vegetable Soup Bread/Rolls	Homemade or frozen pizza	Beef Pot Pie	Enchiladas

Stored Items Include:

Powdered milk and eggs	Frozen hashbrowns	Frozen beef	Frozen meatballs	Cooking oils
Salad dressings	Frozen potatoes	Canned beef	Peanut butter	Salt and pepper
Frozen bread/rolls	Frozen chicken	Frozen/canned vegetables	Jam and Jelly	Spices
Frozen sausage	Canned chicken	Olives	Frozen flour tortilla	Frozen cheese
Frozen juice	Pasta – variety	Tomato sauce	Frozen corn tortilla	Frozen butter
Pancake/Waffle Mix	Spaghetti sauce	Canned and dry beans	Dehydrated fruits	Powdered cheese
Boxed cereal	Canned soup	Enchilada sauce	Dehydrated vegetables	Syrup
Frozen fruit	Frozen garlic bread	Rice	Mayonnaise	Flour
Canned fruit	Chicken and beef broth	Corn tortilla mix	Mustard	Sugar
Oatmeal	Tomato sauce and diced tomatoes	Taco seasoning	Ketchup	Salt
Nuts (freeze)	Canned chili	Can green chilies	Salsa	Gravy packet