ONE WEEK SAMPLE MENU

(Times by 13 for Three Month Supply)

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| BREAKFAST | LUNCH | DINNER | SNACKS |
| Cold Cereal with milk  Fruit Cocktail  Hot Chocolate | Peanut Butter Sandwich  Canned Vegetable  Powdered Milk | Spaghetti  Canned Vegetables (2)  Italian Seasoned Bread  Peach Cobbler | Crackers and cheese  Granola Bar |
| Oatmeal Cereal with milk  Canned fruit | Chicken Salad Sandwich  Sprouts | Mexican Chicken  Green Beans  Homemade Bread  Pudding | Peanut Butter with Raisins on Rice Cake or Crackers  Canned Fruit or vegetable |
| French Toast  Canned Strawberry Pie Filling  Hot Chocolate | Canned Soup/Crackers  Sprouts | Sloppy Joes  Rolls or Buns  Canned Vegetables (2)  Cake | Cookies  Canned Fruit |
| Cold Cereal with milk  Canned Fruit | Macaroni and Cheese  Canned Vegetable | Chicken Pot Pie  Apple Crisp | Nuts  Yogurt |
| Hot Cereal with milk  Canned Fruit | Tuna Sandwiches  Canned Vegetable | Beef Stew  Homemade Bread  Brownies | Apple Chips  Crackers and Cheese |
| Pancakes with syrup  Scrambled eggs  Canned Fruit | Grilled Cheese Sandwiches  Canned Vegetable  Milk | Tuna/Noodle Bake  Bread  Canned Vegetable  Fruit Tart (crust with pie filling) | Yogurt smoothie  Crackers |
| Oatmeal/Apple Cereal  Milk | Chicken Salad Sandwich  Sprouts | Spanish Rice  Canned Vegetable  Bread  Pineapple Upside Down Cake | Canned Fruit  Banana Bread (in jar) |

ONE WEEK MENU WORKSHEET

(Times by 13 for Three Month Supply)

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| BREAKFAST | LUNCH | DINNER | SNACKS |
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