ONE WEEK SAMPLE MENU

(Times by 13 for Three Month Supply)

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| BREAKFAST | LUNCH | DINNER | SNACKS |
| Cold Cereal with milkFruit CocktailHot Chocolate | Peanut Butter SandwichCanned VegetablePowdered Milk | SpaghettiCanned Vegetables (2)Italian Seasoned BreadPeach Cobbler | Crackers and cheeseGranola Bar |
| Oatmeal Cereal with milkCanned fruit | Chicken Salad SandwichSprouts | Mexican ChickenGreen BeansHomemade BreadPudding | Peanut Butter with Raisins on Rice Cake or Crackers Canned Fruit or vegetable |
| French ToastCanned Strawberry Pie FillingHot Chocolate | Canned Soup/CrackersSprouts | Sloppy JoesRolls or BunsCanned Vegetables (2)Cake | CookiesCanned Fruit  |
| Cold Cereal with milkCanned Fruit  | Macaroni and CheeseCanned Vegetable | Chicken Pot PieApple Crisp | NutsYogurt |
| Hot Cereal with milkCanned Fruit | Tuna SandwichesCanned Vegetable | Beef StewHomemade BreadBrownies | Apple ChipsCrackers and Cheese |
| Pancakes with syrupScrambled eggsCanned Fruit | Grilled Cheese SandwichesCanned VegetableMilk | Tuna/Noodle BakeBreadCanned VegetableFruit Tart (crust with pie filling) | Yogurt smoothieCrackers |
| Oatmeal/Apple CerealMilk | Chicken Salad SandwichSprouts | Spanish RiceCanned VegetableBreadPineapple Upside Down Cake | Canned FruitBanana 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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