SAMPLE 15 DAY MENUS

(Repeat six times for a three-month supply)

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| --- | --- | --- | --- |
| BREAKFAST | LUNCH | DINNER | SNACKS |
| Granola cereal FD berriesMilk | Peanut Butter sandwichCanned or FD vegetableMilk | SpaghettiCanned or FD vegetables (2)Italian seasoned breadPeach cobblerMilk | PopcornApricot DicesMilk |
| French toast with syrup orCanned strawberry pie fillingHot chocolateFruit  | Canned soup/crackers Canned or FD vegetableMilk | Mexican ChickenCanned green beansHomemade breadPudding | Peanut butter/raisin rice cakeCanned or freeze dried fruitMilk |
| Cold cereal milkCanned or FD fruit | Chicken salad sandwichSproutsMilk | Spanish RiceCanned or FD vegetableMilkCanned fruit salad | CookiesMilk  |
| Hot cereal (Steel Cut Oats or 9-Grain)milkCanned or FD Fruit  | Macaroni and CheeseCanned or FD vegetableMilk | Chicken Pot PieApple CrispMilk | NutsYogurt |
| Cold Cereal milkCanned or FD fruit  | Tuna SandwichesSproutsMilk | Beef StewHomemade BreadMilkBrownies | Apple ChipsCrackers and CheeseMilk |
| Pancakes with syrupScrambled eggsFD BlueberriesMilk | Clam ChowderCanned or FD VegetableCrackers | Sloppy JoesRolls or BunsCanned or FD Vegetables (2)Milk | Yogurt SmoothieGraham Crackers |
| Oatmeal/Apple/Raisin CerealMilk | Chicken Salad SandwichSproutsMilk | Tuna/Noodle BakeBreadCanned or FD Vegetables (2)Milk | Canned FruitCanned sausage snacksMilk |
| GranolaMilkCanned or FD Fruit | Peanut Butter SandwichCanned or FD VegetableMilk |  Chili or Bean SoupCornbreadTropical Fruit Salad (canned)Milk | Crackers and Cheese or Peanut ButterBanana ChipsMilk |
| Biscuits and GravyCanned or FD FruitMilk | Canned Soup /CrackersCanned or FD vegetablesMilk | Chicken/Broccoli BakeCanned or FD vegetableHomemade BreadPudding | Peanut Butter/raisin rice cakeMilk |
| Cold CerealMilkCanned or FD Fruit | Tuna SandwichSproutsCanned or FD VegetableMilk | Potatoes Au Gratin (Dried Mix)Canned or FD VegetableHomemade RollsFruit Cocktail Cake | Canned Sausage SnacksGranola BarMilk |
| Pancakes with syrupScrambled eggsCanned or FD fruitMilk | Macaroni and CheeseSproutsMilk | Zuppa ToscanoBreadCanned or FD vegetable | CookiesMilkBanana Chips |
| Steel Cut Oats or 9-GrainMilkCanned or FD Fruit | Roast Beef (FD) SandwichesSproutsMilk | Hamburger PieRollsPudding  | Crackers and Peanut ButterBanana Chips or Apple ChipsMilk |
| French Toast with syrup orCanned Strawberry Pie FillingOr Canned or FD FruitHot Chocolate | Canned Soup/Crackers Canned or FD VegetableMilk  | Sweet ‘N Sour ChickenRiceCanned or FD Vegetables (2) Milk | No-bake Oatmeal CookiesOr PopcornMilk |
| Cold Cereal MilkCanned or FD Fruit | Chicken Salad SandwichesSproutsCanned or FD VegetableMilk | Southwestern Mac & CheeseGreen BeansHomemade RollsCookies | Granola BarMilk |
| Pancakes with syrupScrambled eggsCanned or FD FruitHot Chocolate | Peanut Butter Sandwiches Salad SandwichesCanned or FD VegetableMilk | Chicken/Dumpling StewCherry PieMilk  | Banana ChipsCookiesMilk |

Note: FD = Freeze Dried

 15 DAY MENUS WORKSHEET

(Repeat six times for a three month supply—see “Sample 15 Day Menus” for an example)

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| BREAKFAST | LUNCH | DINNER | SNACKS |
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