SAMPLE 15 DAY MENUS

(Repeat six times for a three-month supply)

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| BREAKFAST | LUNCH | DINNER | SNACKS |
| Granola cereal  FD berries  Milk | Peanut Butter sandwich  Canned or FD vegetable  Milk | Spaghetti  Canned or FD vegetables (2)  Italian seasoned bread  Peach cobbler  Milk | Popcorn  Apricot Dices  Milk |
| French toast with syrup or  Canned strawberry pie filling  Hot chocolate  Fruit | Canned soup/crackers  Canned or FD vegetable  Milk | Mexican Chicken  Canned green beans  Homemade bread  Pudding | Peanut butter/raisin rice cake  Canned or freeze dried fruit  Milk |
| Cold cereal  milk  Canned or FD fruit | Chicken salad sandwich  Sprouts  Milk | Spanish Rice  Canned or FD vegetable  Milk  Canned fruit salad | Cookies  Milk |
| Hot cereal (Steel Cut Oats or 9-Grain)  milk  Canned or FD Fruit | Macaroni and Cheese  Canned or FD vegetable  Milk | Chicken Pot Pie  Apple Crisp  Milk | Nuts  Yogurt |
| Cold Cereal  milk  Canned or FD fruit | Tuna Sandwiches  Sprouts  Milk | Beef Stew  Homemade Bread  Milk  Brownies | Apple Chips  Crackers and Cheese  Milk |
| Pancakes with syrup  Scrambled eggs  FD Blueberries  Milk | Clam Chowder  Canned or FD Vegetable  Crackers | Sloppy Joes  Rolls or Buns  Canned or FD Vegetables (2)  Milk | Yogurt Smoothie  Graham Crackers |
| Oatmeal/Apple/Raisin Cereal  Milk | Chicken Salad Sandwich  Sprouts  Milk | Tuna/Noodle Bake  Bread  Canned or FD Vegetables (2)  Milk | Canned Fruit  Canned sausage snacks  Milk |
| Granola  Milk  Canned or FD Fruit | Peanut Butter Sandwich  Canned or FD Vegetable  Milk | Chili or Bean Soup  Cornbread  Tropical Fruit Salad (canned)  Milk | Crackers and Cheese or Peanut Butter  Banana Chips  Milk |
| Biscuits and Gravy  Canned or FD Fruit  Milk | Canned Soup /Crackers  Canned or FD vegetables  Milk | Chicken/Broccoli Bake  Canned or FD vegetable  Homemade Bread  Pudding | Peanut Butter/raisin rice cake  Milk |
| Cold Cereal  Milk  Canned or FD Fruit | Tuna Sandwich  Sprouts  Canned or FD Vegetable  Milk | Potatoes Au Gratin (Dried Mix)  Canned or FD Vegetable  Homemade Rolls  Fruit Cocktail Cake | Canned Sausage Snacks  Granola Bar  Milk |
| Pancakes with syrup  Scrambled eggs  Canned or FD fruit  Milk | Macaroni and Cheese  Sprouts  Milk | Zuppa Toscano  Bread  Canned or FD vegetable | Cookies  Milk  Banana Chips |
| Steel Cut Oats or 9-Grain  Milk  Canned or FD Fruit | Roast Beef (FD) Sandwiches  Sprouts  Milk | Hamburger Pie  Rolls  Pudding | Crackers and Peanut Butter  Banana Chips or Apple Chips  Milk |
| French Toast with syrup or  Canned Strawberry Pie Filling  Or Canned or FD Fruit  Hot Chocolate | Canned Soup/Crackers Canned or FD Vegetable  Milk | Sweet ‘N Sour Chicken  Rice  Canned or FD Vegetables (2)  Milk | No-bake Oatmeal Cookies  Or Popcorn  Milk |
| Cold Cereal  Milk  Canned or FD Fruit | Chicken Salad Sandwiches  Sprouts  Canned or FD Vegetable  Milk | Southwestern Mac & Cheese  Green Beans  Homemade Rolls  Cookies | Granola Bar  Milk |
| Pancakes with syrup  Scrambled eggs  Canned or FD Fruit  Hot Chocolate | Peanut Butter Sandwiches Salad Sandwiches  Canned or FD Vegetable  Milk | Chicken/Dumpling Stew  Cherry Pie  Milk | Banana Chips  Cookies  Milk |

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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