

**One-Week Sample Menu**  
(Multiply by 13 for Three-Month Supply)

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	Sunshine casserole (shepherd's pie) Homemade bread Brownies	Apple chips Crackers and cheese
Pancakes with syrup Scrambled eggs Canned fruit	Grilled cheese sandwiches Tomato soup Milk	Tuna/noodle bake Bread Canned vegetable Canned fruit salad	Yogurt smoothie Crackers
Oatmeal/apple cereal Milk	Chicken salad sandwiches Sprouts	Spanish rice Canned vegetable Bread Pineapple upside down cake	Canned fruit Banana bread (in jar)

One-Week Menu Worksheet  
(Multiply by 13 for Three-Month Supply)

BREAKFAST	LUNCH	DINNER	SNACKS