

# - MEALS -

Breakfasts	Lunches	Sunday	Dinners
yogurt and cereal	tuna	Pork Chops	Brats
muffins	ham	Stew	Chicken + Stuffing
Zucchini Bread	turkey	Meatloaf	Beef & Green Bean Stir-fry
pancakes	PB + honey	Roast + Leftovers	S+S Bowls - O.B.B.
waffles	PB + jam	Irish Stew	Hamburgers
cream of wheat	egg salad sandwiches	BBQ Chicken & BK	Company Chicken + Mash
oatmeal	quesadilla	Beef Stroganoff	Slum
scrambled sandwiches	bean burritos		Enchiladas - Freezer
German Pancakes	nachos		Family Casserole - Crockpot
breakfast cookies	tuna melt		Turkey rolls* + salad_
baked eggs	spaghetti		Loosli chick & broccoli
cream cheese eggs	cream tuna on toast		Chicken Parmesan*
crepes	Tasty Turkey!		Pizza
french toast	grilled cheese		Ribs for Paul's B-day
avocado toast	mac and cheese		Tasty Sub Sandwich*
omelets	tortilla pizza		Sloppy Joes
scones and eggs			Calzone*
cinnamon rolls			Tacos - soft/Navajo
egg burrito / Rancheritos			Fajitas
hard boiled egg sandwich			French Dip* - Freezer
Schedule	Soups	Salads	FHE Desserts
8/24 - 8/31 = 8	summer corn chowder	Salad Nicosse	mint brownies
9/1 - 9/6 = 6	minestrone	BBQ chick salad	pound cake
*9/7 - 9/15 = 9	chicken + dumpling	Cobb Salad	choc. pumpkin muffins
9/16 - 9/22 = 7	French Cabbage	Apple Gorgonzola_	cinnamon bundt cake
9/23 - 9/29 = 7	chick fajita/chili	Broccoli Chicken Slaw	Swig Cookies ®
*9/30 - 10/6 = 7	tomato	Chicken Caesar Salad	Lemon Bundt Cake
10/7 - 10/14 = 8	chicken noodle		Fried Ice Cream

\*Pre-made Ingredient