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| Budget-Friendly Menu Plan and Shopping List 1 |
|  |  |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| French toast, strawberries, milk  | **Raisin Bran, milk** | **Oatmeal, milk, chopped apple** | **Cheerios, milk, banana** | **Oatmeal, milk, chopped apple** | **Yogurt, strawberries, trail mix** | **Pancakes, strawberries** |
| Lunch | **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| Chef salad | **Peanut butter and Jelly sandwich, celery, grapes, pretzels** | **Chicken salad sandwich, snap peas, grapes, crackers** | **Turkey sandwich, red bell pepper, Swiss cheese, carrots, apple, crackers** | **Bagel and cream cheese,****Grapes, carrots,**  | **Peanut Butter and Jelly sandwich, Celery, pear, rice krispy treat** | **Grilled ham and cheese, pear** |
| Snack | **Snack** | **Snack** | **Snack** | **Snack** | **Snack** | **Snack** |
| Popcorn | **Graham Crackers** | **Apple** | **Pretzels** | **Cottage cheese and peaches** | **Graham Crackers** | **Yogurt, banana, trail mix** |
| Dinner | **Dinner** | **Dinner** | **Dinner** | **Dinner** | **Dinner** | **Dinner** |
| Pork LoinRoasted red potatoes, carrots | **Sausage and peppers** | **Taco Salad** | **Tuna Melts****Salad****Green beans** | **Turkey and Swiss omelet with avocado and tomato** | **Baked potato with ham and asparagus** | **Chicken leg and thighs – couscous and zucchini**  |
| Snack | **Snack** | **Snack** | **Snack** | **Snack** | **Snack** | **Snack** |
| Baked apple with cinnamon | **Sliced apple with cheese** | **Yogurt and trail mix** | **Celery and PB** | **Cucumbers and ranch** | **banana** | **Celery and PB** |

Budget-Friendly Menu Plan and Shopping List 1

Shopping List

Strawberries

Onion

Apple

Assorted bell pepper

Carrots

Grapes

Celery

Red Potatoes

Head lettuce

Romaine Lettuce

Mixed salad greens

Snap peas

Grapes

Banana

Avocado

Tomatoes

Russet Potatoes

Asparagus

Cucumber

Green Beans

Pears

Milk

Eggs

Cheddar Cheese

Swiss Cheese

Cream Cheese

Greek yogurt

Cottage Cheese

Sliced Turkey

Syrup

Peanut butter

Jelly

Raisin Bran

Cheerios

Oatmeal

Rice Krisoy Treat

Trail Mix

Bisquick

Pretzels

Popcorn

Graham Crackers

Rice Krispy treats

Crackers

Tortilla Chips

Couscous

Vinaigrette

Salsa

Ranch Dressing

Mayonnaise

Taco seasoning

Corn

Black beans

Peaches snack pack

Tuna

Chicken

Lean ground beef

Chicken leg and thighs

Italian Sausage

Pork Loin

Ham

Sandwich Bread (2)

English Muffin

Bagels

“If everything seems under control, you’re just not going fast enough.” – Mario Andretti

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