

# Monthly Menu Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		tacos fruit/veges  SHOPPING DAY	sausage/redbeans/rice put in crockpot early morning	2-bacon cheeseburger radiator casserole	poor boy subs radiatore noodle salad fruit	spaghetti
Hamburger/hotdog baked beans noodle salad watermelon veggies chips and dip	Omelets with toast	grilled chicken—cut up with peppers for fajitas Spanish rice	nachos-chips, cheese, meat refried beans, salsa, lettuce, onion	Hamburger stroganoff	tomato soup and grill cheese	spaghetti
Hamburger/hotdog baked beans noodle salad watermelon veggies chips	Waffles sausage links	grilled chicken mac and cheese	tacos with rice nacho and cheese	2-tater tot casserole	loaded potato soup and chicken/cheese wraps	spaghetti
Hamburger/hotdog baked beans noodle salad watermelon veggies chips	bacon and pancakes eggs	homemade pizza— mac/cheese hotdog? sub pizza—sausage-italian dressing, lettuce	grilled chicken/ Chinese rice	Jared casserole	chicken noodle soup club sandwiches	spaghetti

## Lunch Ideas

crackers pb, canned chicken salad, pb jelly, pita hummus/carrot/cheese, Mexican grill cheese, lentils and rice, black beans and rice

## Breakfast Ideas

yogurt make end of month—fruit sauce, cereal, oatmeal

## Baking Ideas/snacks

popcorn with chocolate and m&M      healthy snack mix mom  
  
puppy chow  
banana pudding/dirt cup pudding  
choco chip bars/brownies  
angel food/pound cake---if extra eggs

## Quick Fix Ideas

chili w/cornbread  
ham skillet  
tater tot casserole  
homemade pizza  
sweet potato fries  
beefy ramen—beef chunks, tomatoes, broken  
ramen, cheese

## Meal Prep

Wrap up cheese slices  
Chicken marinate in Italian dressing  
Hamburger prep—3 pkg (14-hamburgers) Rest cook  
bulgar make