

Breakfast

Bagel-egg sandwiches-1 x week
Bagel cream cheese salami
English muffins eggs 1x week
french toast 1x week
breakfast burritos 1 x week
**make when bananas are ripe—banana/chocolate pancakes or waffles
**pumpkin muffins
frozen yogurt smoothie—2x a week
Other options: oatmeal—toad in a hole

Lunch

PB and Jelly 1x week
lentil and rice 1x week
mexican grill cheese w/beans 1x week
chick salad crackers 1 x week
grill cheese 1x week
ham and cheese—make for greg and guys

Snacks-

chips salsa
apple-banana-canned fruit

Baking

*make lara balls me
pumpkin pie bars
easy cheesecake
dbl choco crumble
choco eclair
dirt cups

Dinner

Million Dollar casserole 2x
Lasagna 2x
chicken Parmesan over spaghetti 2 x
Smoky Bacon Sloppy Joe ***need to get biscuits or make
SW chicken penne 2x
Whole baked chicken , cous cous **Leftovers make chicken/broccoli/cheese/rice
bake
Philly cheese sloppy joe (2buns)—cheese slices in freezer
Jared casserole
Shish Kabobs x 3
chicken cordon bleu—with fettucine and alfredo
tater tot casserole
gwumpkies x2 **need cucumbers
sausage red beans over rice x 2
fried rice x 4
meatloaf over mashed potatoes
chicken pot pie x 2
salsa pineapple
terriyaki orange chicken—grill
sloppy joe x2 (4buns)
cube steak over mash

Poor boy subs

Beef stroganoff—make this meal
mac cheese-hot dogs-peas—make this meal
chili—make this meal
hamburgers and beans (2buns)

Me-oriental chicken salad or Tammy enchilada chicken—ginger carrots