

Week of: Jan 14

Harvest of the Week: Broccoli



## Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Croissants Yogurt Orange Juice Grapes	Scrambled Eggs w/ Cheese & Veggies Apples	Canned Pears & Peaches Fried Ham Milk	Cold Cereal Canned Apricots Milk	Biscuits & Jam Fried Eggs Bananas	Pancakes Sausage	Blueberry Muffins Bananas Yogurt
Snack	Apple Slices	Orange Slices	Crackers & Juice	<b>Broccoli &amp; Ranch</b>	Carrots & Ranch		
Lunch	Tortilla Roll ups w/ Refried Beans, shredded Cheese, Lettuce & Tomatoes 100% Juice Mandarin Oranges	Turkey Sandwiches <b>Carrots &amp; Broccoli w/ Ranch</b> Oatmeal Cookies	Peanut Butter and Honey Sandwiches Jicama Sticks Grapes	Crackers Cheese Olives Apple Slices Juice	Tuna Salad Cheese Stick Mandarin Oranges	Grilled Cheese Sandwiches Dried Fruits	Hot Dogs Peas Apple Slices
Dinner	<b>Broccoli &amp; Carrot Lasagna</b> Green Salad Corn	Oven Fried Chicken Wings Mashed Potatoes Green Beans	<b>Cheesy Broccoli Soup</b> Biscuits/Rolls Apple Pie	Grilled Chicken Taco Salad Rice Brownies	<b>Broccoli &amp; Cauliflower Casserole</b> Mixed Vegetables Peach Cobbler	Slow Cooker Baked Beans <b>Steamed Broccoli</b> Corn Bread	<b>Broccoli &amp; Garlic Pasta</b> Green Salad Rolls

# Shopping List

## Produce

Grapes (1 Breakfast/1 Lunch 1 bunch)  
Apples (1 snack/1 Breakfast/2 Lunches - 12 ea)  
Lettuce (3 lunches - 1 head)  
4 C. Shredded Lettuce)  
Tomato (3 lunches - 2 large)  
Green Salad Kit (2 dinners - 2 bags)  
7 C. Chopped Broccoli  
Broccoli (1 Snack/1 Lunch 4 Cups)  
2 Bunches Broccoli  
2 C. Chopped Carrots  
Baby Carrots (1Snack/1 Lunch 3 Cups)  
Oranges (1 Snack - 3 Oranges)  
Jicama Sticks (1 lunch - 1 small pkg.)  
2 1/2 Onion  
1 C. Chopped Cilantro  
2 Limes  
1 Avocado  
Bananas (2 Breakfast - 1 medium bunch)  
1 Bell Pepper  
2 Garlic Cloves  
1 Lemon

**Meat**  
Turkey (1 Lunch - 1 pkg.)  
5 lbs. Chicken Wings  
Ham (1 Breakfast 1 small pkg.)  
4 oz. Ham  
1 lb. Boneless Skinless Chicken Breast  
Breakfast Sausage (1 Breakfast - 1 Pkg.)  
Hot Dogs (1 Lunch - 1 pkg.)

## Dairy

Yogurt (2 breakfast 12 ind. Cups)  
Shredded Cheese (1 lunch/1 Breakfast 2 C.)  
1 C. Shredded Cheddar Cheese  
2 C. Grated Parmesan Cheese  
3/4 C. Cottage Cheese  
3 C. Shredded Mozzarella Cheese  
Eggs (2 Breakfasts 12)  
1 1/2 C. Butter  
8 oz. Cream Cheese  
Milk (2 Breakfast - 1 Gallon)  
1/4 C. Sour Cream  
Cheese Sticks (1 Lunch - 6 ind.)  
Sliced Cheese (any kind 1 Lunch - 12 oz. pkg.)

## Frozen

Corn (1 Dinner)  
Apple Pie (1 Dinner - 1 Pie)  
10 oz. Broccoli Florets  
Broccoli (1 Dinner)  
10 oz. Cauliflower Florets  
Mixed Vegetables (1 Dinner)  
Peaches (1 Dinner 1- pkg.)  
Peas (1 Lunch)

## Dry

1 1/8 tsp. Garlic Powder  
1 tsp. Dried Rosemary  
2 tsp. Paprika  
1 C. Seasoned Bread Crumbs  
1/8 tsp. Onion Powder  
Salt & Pepper  
2 Tbsp. Chicken Bouillon Granules  
5 Tbsp. Flour  
Breakfast Cereal (1 Breakfast - 1 Box)  
2 Tbsp. Chili Powder  
1 tsp. Cumin  
1 tsp. Coriander  
1/2 C. + 1 tsp. Brown Sugar  
1/4 tsp. Cayenne Pepper  
Rice (1 Dinner - 1 1/2 C.)  
1/2 C. Rice  
Brownie Mix (1 Dinner - 1 box)  
Dry Biscuit Mix (1 Dinner - 2 C.)  
Pancake Mix (1 Breakfast - 3 C.)  
Corn Bread Mix (1 Dinner - 2 small pkgs.)  
1 tsp. Dry Mustard  
Blueberry Muffin Mix (1 Breakfast - 1 Box)  
1/2 tsp. Dried Basil  
1 pkg. Penne Pasta

## Other

Refrigerated or Bakery Croissants (1 Breakfast)  
Refrigerated or Bakery Biscuits (1 Dinner/1 Breakfast)  
Bakery Rolls (1 Dinner - 1 pkg.)  
Orange Juice (1 Breakfast 1/2 Gallon)  
100% Fruit Juice (2 lunches/1 snack - 18 ind. Boxes)  
Ranch Dressing (2 Dinners/1 Lunch/1 Snack - 1 Bottle)  
Oatmeal Cookies (1 Lunch - 1 pkg.)  
Cooking Spray  
Crackers (1 Snack/1 Lunch - 1 pkg.)  
1 1/2 C. Crushed Buttery Round Crackers  
Peanut Butter (1 Lunch 1 C.)  
Honey (1 Lunch 1/2 C.)  
Bread (4 Lunches - 2 loaves)  
Hot Dog Buns (1 Lunch - 1 pkg.)  
Flour Tortillas (1 Lunch - 6)  
4 (7") Corn Tortillas  
Mayonnaise (2 Lunches 2/3 C.)  
3/4 C. Medium Salsa  
1 Tbsp. Olive Oil  
1 lb. Processed Cheese Food  
Syrup (1 Breakfast - 1/2 Bottle)  
Dried Fruits (any kind - 1 Lunch 2 C.)  
1/2 C. Hickory BBQ Sauce  
1/2 C. Ketchup

## Canned

Refried Beans (1 lunch 15 oz. can)  
Mandarin Oranges (2 lunch 4 small cans)  
2 10.75 oz. Cream of Mushroom Soup  
10.75 oz. Cream of Chicken Soup  
Pears (1 Breakfast - 1 Large Can)  
Peaches (1 Breakfast - 1 Large Can)  
Apricots (1 Breakfast 1 Large Can)  
Olives (1 Lunch - 15 oz. Can)  
15 oz. Back Beans  
Tuna (1 lunch - 3 cans)  
3 14.5 oz. Great Northern Beans  
1 C. Chicken Broth