

	Week 1				
	Breakfast	Lunch	Dinner	Snacks	Food prep for tomorrow
Monday	Oatmeal w/ syrup (Milk)	Grilled Cheese Sandwiches & celery	Spagetti with salad & pudding	choc chip cookies	~Bake bread ~Pancake Batter ~Defrost burger and chicken
Tuesday	Pancakes w/ apples	Peanut butter and jelly and bananas	tacos and corn	Banana muffins	~Make strata ~Bake Bread
Wednesday	egg strata	Turkey sandwich	roast chicken and veggies	crackers	~Make Dough ~Make Yogurt ~Defrost Pot Roast
Thursday	Eggs w/ toast	leftover chicken and bananas	Chili	veggies and dip	~Pack Friday lunch ~Make snack
Friday	cold cereal	tuna sandwich	Cheese Pizza	Granola	
Saturday	yogurt granola and fruit	Cheesey pasta	Beef Skillet	Popcorn	
Sunday	Oatmeal w/ syrup (Milk)	Pot roast and veggies		brownies	~Defrost burger ~Make cookies ~Make Dough

	Week 2				
	Breakfast	Lunch	Dinner	Snacks	
Monday	Oatmeal w/ syrup (Milk)	Grilled Cheese Sandwiches & celery	Spagetti with salad & pudding	choc chip cookies	~Bake bread ~Defrost 2lbs burger and chicken
Tuesday	cold cereal	Peanut butter and jelly and bananas	Burgers	Banana muffins	~Pancake batter
Wednesday	pancakes and apple sauce	Turkey sandwich	roast chicken and veggies	crackers @ cheese	~Bake bread ~Make Dough ~Make Yogurt ~Defrost Pot Roast
Thursday	Oatmeal w/ syrup (Milk)	leftover chicken and bananas	Chili or meatball subs	veggies and dip	~Pack Friday lunch ~Make snack
Friday	cold cereal	PB & J	Cheese Pizza	Granola	
Saturday	yogurt granola and fruit	Cheesey pasta	Beef Skillet	Popcorn	
Sunday	Oatmeal w/ syrup (Milk)	Pot roast and veggies		brownies	~Defrost burger ~Make cookies ~Make Dough