Week of: Jan28

Harvest of the Week: New Potatoes

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pear Bread Scrambled Eggs Milk	**Potato Hash** Fried Eggs Orange Juice	Jam Muffins Canned Pears Chocolate Milk	Bagels & Cream Cheese Apple Slices 100% Juice	Vanilla Yogurt w/ Canned Peaches sprinkled w/ Cinnamon	Pancakes w/ Dried blueberries mixed in. Sausage	Cinnamon Rolls Fresh Strawberries
Snack	Apple Slices	Cheese & Crackers	Melon	Grapes	Pretzels & Raisins Bottled Water		
Lunch	Tuna Sandwiches Hard Boiled Eggs Mandarin Oranges	Egg Salad Sandwiches Carrot Sticks Ranch Dressing	Turkey Tortilla Rolls Chips Salsa	String Cheese Crackers Salami and/or Peperoni Mandarin Oranges	Cheese Quesadillas Celery Sticks Ranch	Ravioli (frozen) w/ Spaghetti Sauce Corn	Bean w/ Bacon Soup (canned) Biscuits
Dinner	**Shepherd's Pie** Green Salad Apple Crisp	Chicken Stuffed Pasta Shells Green Beans Melon & Grapes	Hamburgers **New Potato Salad** Mixed Veggies	Meat Loaf **Roasted New Potatoes** Broccoli	Squash Stuffed Chicken Breast Rice Peas	Butternut Squash Lasagna Green Beans Melon, Pineapple Mandarin Salad	**Buffalo Chicken Casserole** Green Salad Carrot, Celery, Olive Tray

Recipe Links

Potato Hash http://www.homemadesimple.com/en-CA/FoodandRecipes/pages/new-school-potato-hash.aspx

Shepherd's Pie http://allrecipes.com/Recipe/Updated-Shepherds-Pie-3/Detail.aspx

New Potato Salad http://allrecipes.com/Recipe/Red-Skinned-Potato-Salad/Detail.aspx

Pear Bread http://allrecipes.com/recipe/pear-bread-ii/detail.aspx?event8=1&prop24=SR_Title&e11=pear%20bread&e8=Quick%20Search&event10=1&e13=B%3aSearch%20Results-Grid%28test%29&e7=%2frecipe-tools%2fprint%2frecipe.aspx

Squash Stuffed Chicken Breast http://allrecipes.com/Recipe/Squash-Stuffed-Chicken-Breasts/Detail.aspx

Buffalo Chicken Casserole http://allrecipes.com/recipe/buffalo-chicken-and-roasted-potato-casserole/detail.aspx

Butternut Squash Lasagna http://allrecipes.com/Recipe/Roasted-Butternut-Squash-and-Garlic-Lasagna/Detail.aspx

Apple Crisp http://allrecipes.com/recipe/apple-crisp-ii/detail.aspx?event8=1&prop24=SR_Title&e11=apple%20crisp&e8=Quick%20Search&event10=1&e13=A%3aSearch%20Results-List%28control%29&e7=Home%20Page

Jam Muffins http://allrecipes.com/recipe/jam-muffins/detail.aspx?event8=1&prop24=SR_Title&e11=muffins&e8=Quick%20Search&event10=1&e13=A%3aSearch%20Results-List%28control%29&e7=Recipe%20Search%20Results

Shopping List

Produce

3 Pears
Apples (1 Snack & 1 Breakfast - 8 Apples)
10 Baking Apples
Lettuce (3 Lunches & 1 Dinner - 1 Head)
Tomato (3 Lunches & 1 Dinner - 1 Large)
Mandarin Oranges (2 Lunches & 1 Dinner - 1 box)
3 1/4 lbs. + 6 Large Red Potatoes (1 Dinner - 1 lb.)
8 Potatoes
10 Cloves Garlic
Green Salad (2 Dinners - 2 bags)
1 Red Bell Pepper
1 Green Bell Pepper
Baby Carrots (1 Lunch & 1 Dinner - 1 lb. bag)
Melon (2 Dinners & 1 Snack - 1 1/2 Melons)
Grapes (1 Dinner & 1 Snack - 1 Small Bunch)
2 Onion (+ 1 Dinner - 1 small onion)
2 Stalk Celery (1 Lunch & 1 Dinner - 1 bunch)
1/2 Diced Acorn Squash
3 lbs. Butternut Squash
Strawberries (1 Breakfast - 1 lb.)
1 Bunch Green Onions

Meat

1 lb. Extra Lean Ground Beef (+ 1 Dinner - 2 lbs.)
Turkey Lunch Meat (1 Lunch - 16 oz. Pkg.)
Hamburger Patties (1 Dinner - 8 Patties)
2 lbs. Bacon
Salami and/or Peperoni (1 Lunch - 1 small Pkg.)
6 + 2 Lbs. Boneless Skinless Chicken Breast
Breakfast Sausage

Frozen

4 C. Mixed Vegetables (+1 Dinner - 2 Cups)
10 oz. Frozen Spinach
Green Beans (2 Dinners - 2 small or 1 Large)
Broccoli (1 Dinner - 1 bag)
Peas (1 Dinner - 1 bag)
Ravioli (1 Lunch - 2 small bags)
Corn (1 Lunch - 1 small bag)

Dry

3 1/2 C. Sugar
1 C. Brown Sugar
8 1/4 C. + 3 Tbsp. All Purpose Flour
1 1/4 tsp. Baking Soda
4 1/4 tsp. Baking Powder
3 tsp. Salt
2 tsp. Cinnamon
1/2 tsp. Nutmeg
1 C. Quick Cooking Oats
1 tsp. + 1 Tbsp. Paprika
1 tsp. Italian Mixed Herbs
1/ 8 tsp. Oregano
16 Jumbo Pasta Shells
Onion Soup Mix
Rice (1 Dinner - 2 C.)
Pancake Mix (1 Breakfast - 3 C.)
9 no-cook Lasagna Noodles

Dairy

11 Eggs (2 Breakfasts & 2 Lunch 24 eggs)
1 Quart + 3/4 C. Milk (2 Breakfasts 1 Gallon)
1 C. Heavy Cream
3/4 C. Sour Cream
1 C. Shredded Cheddar Cheese
Cheese (1 Snack - 6 oz.)
Any Kind Shredded Cheese (1 Lunch 2 C.)
2 C. Shredded Mexican Cheese Blend
1 C. + 1 Tbsp. Butter
1 1/2 C. Ricotta Cheese
2 C. Parmesan Cheese
1 1/2 C. Shredded Mozzarella
Cream Cheese (1 Breakfast - 4 0z)
String Cheese (1 Lunch - 6 individ.)
Vanilla Yogurt (1 Breakfast - 1 Large Container)

Other

1 1/2 C. Vegetable Oil
1/3 C. Olive Oil
3 Tbsp. Extra Virgin Olive Oil
1 C. Chopped Pecans
2 tsp. Vanilla Extract
Bread (3 Lunches 1 1/2 Loaves)
Flour Tortillas (2 Lunches - 12 Tortillas)
Hamburger Buns (1 Dinner - 8 Buns)
Bagels (1 Breakfast - 1 pkg. Bagels)
2 C. Mayonnaise (2 lunches 1/2 C.)
3/4 C. Beef Broth
2 Tbsp. Ketchup
Orange Juice (1 Breakfast - 1/2 Gallon)
Ranch Dressing (2 Lunches & 1 Dinner - 1 Bottle)
1 Jar Alfredo Sauce
1 Jar Spaghetti Sauce
Crackers (1 Snack & 1 Lunch - 1 box)
Chocolate Drink Mix (1 Breakfast - 1 C.)
Chips (1 Lunch - 1 bag Tortilla)
Pretzels (1 Snack - 1/2 bag)
Salsa (1 Lunch - 1 small Jar)
1 C. Any Flavor Fruit Jam
100 % Fruit Juice (1 Breakfast - 1 Gallon)
Raisins (1 snack - 6 small boxes)
Bottled Water (1 snack - 6 child bottles)
Dried Blueberries (1 Breakfast - 1 sm. Pkg.)
Syrup (1 Breakfast - 1 bottle)
Cinnamon Rolls (bakery or refrigerated - 1 Breakfast)
Cooking Spray
6 Tbsp. Hot Pepper Sauce

Canned

Tuna (1 Lunch 2 Cans)
Canned Pears (1 Breakfast - 1 Large Can)
Canned Peaches (1 Breakfast - 1 Large Can)
Bean w/ Bacon Soup (1 Lunch - 4 small cans)
Olives (1 Dinner - 1 can/jar)