

Week of: November 5

Harvest of the Week: Pears

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pear Muffins Grapes Milk	Banana Yogurt Parfaits w/ Granola Strawberries	Oatmeal w/ Dried Fruit Fruit & Yogurt Smoothie	Omelets w/ Veggies Grapes & Strawberries	Scrambled Eggs Whole Wheat Toast w/ Jam Orange Wedges	Pancakes w/ Yogurt and Fruit	Pear French Toast Casserole Sausage
Snack	Apples & Peanut Butter	Fresh Pears	Crackers & Cheese	Celery w/ Peanut Butter & Raisins	Grapes & Strawberries	Pretzels 100% Fruit Juice	Carrots & Broccoli w/ Dip
Lunch	Tuna Sandwiches w/ Lettuce & Tomato Crackers Water	Pizza Tortilla Roll Carrot & Cucumber Sticks w/ Ranch Dressing	Turkey Sandwiches w/ Lettuce & Tomato Olives & Celery Sticks w/ Ranch Water	Cheese Crackers Pear Yogurt Cup	Peanut Butter & Jelly Sandwiches Apples 100% Fruit Juice	Chili Cornbread Cheese	Chicken Soup Biscuits
Dinner	Spaghetti w/ Meat Sauce Garlic Bread Corn	Slow Cooker BBQ Chicken Sandwiches Strawberries & Melon	Pork Chops Broccoli Pear Salad	Cheese & Chicken Quesadillas Peas & Carrots Rice	Butternut Squash & Pear Soup Salad Biscuits	Asian Chicken & Rice Salad Pear Dessert	Slow Cooker Pot Roast Mashed Potatoes Green Beans

Shopping List

Produce

Grapes (1 large bunch)
Strawberries (3 lbs.)
Bananas (2 bunches)
zucchini (1 small)
4 onions
carrots (3 lbs)
Oranges (3 lbs.)
Apples (3 lbs.)
Pears (5 lbs.)
Celery (1 bunch)
Lettuce (2 bunches)
Tomato (3)
Cucumbers (3)
Green Bell Pepper (1)
Melon (1)
1/2 C. Lemon Juice
4 cloves Garlic
1 Bunch Green Onions
2 lbs. Butternut Squash
2 tsp. Fresh Ginger Root
Potatoes (3lb)

Dairy

Milk (2 Gal.)
Vanilla Yogurt (1 32 oz. container)
Eggs (2 doz)
1 C. Plain Yogurt
Butter (1 lb.)
Cheese (your choice) (5 lbs.)
Mozzarella Cheese (1 C. Shredded)
Yogurt Cups (6 individual cups)
4 oz. Shredded Swiss Cheese
1/2 C. Half and Half

Canned

1 C. Sliced Canned Pears
1 29 oz. Can Pear halves
Olives (1 can)
Chili (2 large or 4 small cans)
10 Cups Chicken Broth
Pizza or Spaghetti Sauce (1 Cup)
Spaghetti Sauce (2 Jars)

Frozen

Frozen Fruit (any kind)
Garlic Bread (1 loaf)
Corn
Peas & Carrots
Broccoli
Green Beans

Dry

Granola (1/2 pkg.)
Oatmeal
Whole Wheat Bread (2 loaves)
Pancake Mix (1 pkg)
All Purpose Flour
Whole Wheat Flour
Baking Soda
Cinnamon
Baking Powder
Ground Nutmeg
Salt
Vegetable Oil
Honey
brown sugar
1 loaf sourdough bread
white sugar
vanilla extract
almond extract
Corn Bread Mix (2 small pkgs.)
Oregano
Chili Flakes
Cumin
Spaghetti Noodles (1 lb.)
rice
Hoagie Rolls (6 rolls)
Poppy Seeds
Chinese 5 Spice Powder
Corn Starch
Curry Powder

Other

Jam
1/4 C. sliced almonds
Peanut Butter
Crackers (1 pkg)
Dried Fruit (any kind)
Raisins (1/2 Cup)
1/4 C. Dried Cranberries
Pretzels (1 pkg)
100% Fruit Juice (2 Gal.)
Mayonnaise
Bottled Waters (for lunches)
Ranch Dressing
Tortillas (24)
Dijon Mustard
1 C. Cashews
Orange Juice
Soy Sauce
Ketchup
White Vinegar 1/2 C. Shortning
Onion Soup Mix 1 Bottle Barbeque Sauce

Meat

Sausage (1lb)
Tuna (4 Cans)
Turkey Lunch Meat (2 pkgs.)
Chicken Breast (5 lbs.)
Salami or Pepperoni (1 Pkg.)
Ground Beef (1 1/2 lbs.)
Pork Chops (3 lbs.)
3 Lb. Beef Roast

Spaghetti with Meat Sauce

Ingredients:

1 ½ Lbs. Ground Beef

1 Jar Spaghetti Sauce

1 Lb. Spaghetti Noodles

Directions:

Cook ground beef in a frying pan until no longer pink.

Add Spaghetti sauce to pan. Turn heat down to simmer, and stir to combine.

Cover and simmer until noodles are ready.

Bring a pot of hot water to a rolling boil (add salt if desired).

Cook spaghetti noodles according to package directions

Drain.

Add meat mixture to spaghetti noodles & serve!

Banana Yogurt Parfaits with Granola

Ingredients:

Bananas

Yogurt

Granola

Directions:

Slice Bananas.

Layer in cups or bowls (I like to use clear plastic cups)

Layer yogurt on top of bananas

Place another layer of bananas, followed by a final layer of yogurt.

Top with granola.

Pizza Tortilla Roll

Ingredients:

Shredded Mozzarella Cheese

Pizza Sauce (I use spaghetti sauce)

Tortillas

Salami or Peperoni slices

Directions:

Spread 1 tablespoon of pizza or spaghetti sauce on each tortilla.

Sprinkle mozzarella cheese over the sauce.

Spread desired amount of salami or peperoni slices.

Microwave for 15-20 seconds each. (just to melt the cheese a bit)

Roll each tortilla up and serve. (or wrap in plastic wrap if packing in a lunch)

Slow Cooker BBQ Chicken

Sandwiches

Ingredients:

Chicken Breast (I use frozen without thawing)

1 Onion

1 Green Bell Pepper

1 Jar Barbeque Sauce

Hoagie Rolls

Directions:

Slice onion and green bell pepper into slices.

Place chicken breast, onion and bell pepper into slow cooker.

Pour barbeque sauce over chicken, onions and bell peppers.

Cook on low heat 6-8 hours.

Shred chicken and serve on rolls.

Frozen Fruit Smoothie

Ingredients:

Bananas

Yogurt

Frozen Fruit (your choice)

Milk

Directions:

Blend first three ingredients adding enough milk to make the desired consistency.

Chicken & Cheese Quesadillas

Ingredients:

Poached Chicken Breast

Instructions: <http://lowfatcooking.about.com/od/chickenbreastrecipes/r/poachedchicken.htm>

Shredded Cheese (your choice)

Flour Tortillas

Directions:

Place chicken and shredded cheese on a flour tortilla. Top with another flour tortilla (or fold in half). Grill on until lightly browned on both sides and cheese is melted.

Slow Cooker Pot Roast

Ingredients:

3 lb. Beef Roast

1 Envelope Onion Soup Mix

Carrots, Peeled & Cut into 2 inch sections

1 Onion, Sliced

3 Celery Stalks, Washed and cut into 3 inch sections

1 C. Water

Directions:

Brown all sides of the beef roast in a non-stick skillet.

Transfer to your slow cooker.

Add carrots, onion, and celery. Sprinkle with onion soup mix. Pour water over everything.

Let cook on low for 6-8 hours.

Enjoy!