Week of: Jan 7

Harvest of the Week: Oranges

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Waffles Berries Orange Juice	Scrambled Eggs Toast Bananas & Kiwis	**Orange Smoothie** Strawberries English Muffins	Bagels w/ Cream Cheese Pears Orange Juice	Oatmeal Apples Chocolate Milk	French Toast Baccon 100% Juice	Scrambled Eggs w/ Ham & Bell Peppers Fruit Salad
Snack	Pretzels & Bottled Water	**Orange Wedges**	Apple Slices	Dried Fruit & Pretzels	**Mandarins**		
Lunch	Tortilla Wrap Up Grapes Celery Sticks	Egg Salad Sandwich Black Olives Carrot Sticks	Peanut Butter and Jelly Sandwiches Kiwi Slices String Cheese	Cheese & Crackers Lunch Meat Strawberries	Tuna Sandwhich Raisins Jicima Sticks Ranch	Chili Corn Bread Pear Slices	Nachos Orange Wedges
Dinner	Chicken Enchiladas Corn **Almond Mandarin Salad**	Pork Chops Steamed Califlower Green Salad	Sheppard's Pie Biscuits Steamed Broccoli	**Citrus Salmon** Rice Peas & Carrots	Spaghetti Garlic Bread Jello w/ Fruit	**Asian Chicken & Rice** Green Salad	Herb Roasted Chicken Mashed Potatoes Green Beans **Sunshine Cake**

Shopping List

Produce

Berries (any kind, 1 Breakfast 1 lb.)
Grapes (1 Lunch, 1 large bunch)
Celery (1 Lunch, 1/2 bunch)
1 Small Onion
2 1/2 Bunchs Green Onions
2 Limes
1 Head Red Leaf Lettuce
Lettuce (3 Lunches, 1 Head)
Bananas (1 Breakfast 1/2 bunch)
Oranges (1 Snack/1 Lunch 2 lbs.)
Carrots (1 luch 1/2 lb.)
Green Salad Kit (2 Dinners - 2 bags)
Strawberries (1 Breakfast/1 Lunch - 2 lbs.)
Kiwis (1 Breakfast/1 Lunch 6 Kiwis)
Apples (1 Snack/1 Breakfast 6 Apples)
Tomatoes (2 Lunchs - 2 Tomatoes)
1 1/4 lbs. Red Potatoes
10 Cloves Garlic
Pears (1 Breakfast/1 Lunch - 6 Pears)
1 Blood Orange
2 Lemons
1 Bunch Fresh Dill Weed
Jicima Sticks (1 Lunch - 1 small pkg.)
Bell Pepper (1 Breakfast - 1)
Assorted Fruit (1 Breakfast - 1 Salad)
Potatoes (1 Dinner - 3 lbs)
Fresh Rosemary
Fresh Thyme

Frozen

Corn (1 Dinner)
Califlower (1 Dinner)
6 oz. Frozen Orange Juice Concentrate
Broccoli (1 Dinner)
4 C. Mixed Vegetables
Peas & Carrots (1 Dinner)
Garlic Bread (1 Dinner - 1 loaf)
Green Beans (1 Dinner)
16 oz. Frozen Whipped Topping

Dairy

1 3/4 C. Sour Cream
1 Tbsp. Butter
3 1/2 C. Shredded Cheddar Cheese
2 C. Shredded Cheese (any kind)
Eggs (24)
1 C. Milk
Milk (1 Breakfast 1/2 Gallon)
Sliced Cheese (any flavor, 1 lunch 12 slices)
3/4 C. Sour Cream
Cream Cheese (1 Breakfast 1/4 C.)
String Cheese (1 Lunch 6 each)
Cheese (any kind - 1 Lunch 8 oz.)

Canned

(2) 10.75 oz. Cream of Chicken Soup
4 oz. Green Chilies
10 oz. Enchilada Sauce
6 oz. Sliced Black Olives
15 oz. Black Olives
15 oz. Mandarin Oranges
Mandarin Oranges (1 Snack - 1 15 oz. Can)
11 oz. Mandarin Oranges
3/4 C. Beef Broth
Tuna (1 Lunch - 3 Cans)
Spaghetti Sauce (1 Dinner- 1 Jar)
Canned Fruit (any kind, 1 Dinner w/ Jello)
Chili (1 Lunch - 2 Large Cans)
15 oz. Refried Beans
20 oz. Crushed Pineapple

Dry

Pancake/Waffle Mix
Biscuit Mix (1 Dinner - 2 C.)
1/4 tsp. Chili Powder
1.25 oz. Taco Seasoning Mix
1/2 tsp. Onion Powder
1/2 tsp. Dry Hot Mustard
1/2 tsp. Celery Salt
1/2 tsp. Paprika
1/3 C. White Sugar
2 Tbsp. Flour
Crackers (any kind, 1 Lunch - 1 box)
Rice (1 Dinner - 2 C.)
1 C. Rice
1/2 tsp. Lemon Pepper
Oatmeal (1 Breakfast 3 C.)
Chocolate Milk Mix (1 Breakfast 1 C.)
Spaghetti Noodles (1 Dinner - 1 pkg.)
Jello (1 Dinner - 1 Large pkg.)
Corn Bread Mix (1 Lunch - 2 sm. Pkgs.)
1/4 C. Brown Sugar
1/2 tsp. Crushed Red Pepper Flakes
1/4 tsp. Chinese 5 Spice Powder
2 tsp. Cornstarch
Yellow Cake Mix
5 oz. Instant Vanilla Pudding Mix

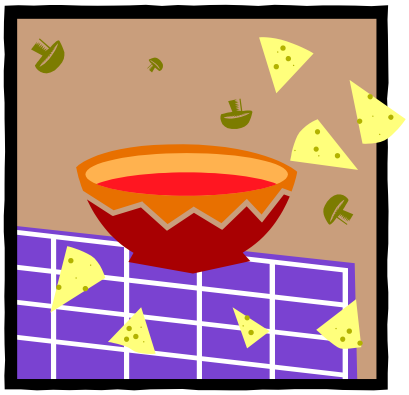
Meat

3 1/2 lbs. Bonless Chicken Breast
1 6 lb. Roasting Chicken
1/2 lb. Bacon
Bacon (1 Breakfast 1 lb)
Pork Chops (1 Dinner 6 chops)
2 lbs. Extra Lean Ground Beef
Lunch Meat (2 Lunches, 2 pkgs)
4 4 oz. Salmon Fillets
Ham (1 Breakfast - 1 C. Chopped)

Other

Orange Juice (2 meals - 1 gallon)
Pretzels (2 snacks - 1 large bag)
Bottled water (1 snack - kid sized)
5 12 " Tortillas (6)
2 Tbsp. White Wine Vinegar
1 Tbsp. White Vinegar
3 Tbsp. Honey
1/4 C. + 2Tbsp. Olive Oil
1/4 C. Vegetable Oil
3/4 C. Slivered Almonds
Bread (2 Loaves)
1 tsp. Vanilla Extract
English Muffins (1 Breakfast 1 pkg)
Bagels (1 Breakfast 1 pkg)
Peanut Butter (1 Lunch 1/2 C.)
Jelly (any flavor, 1 Lunch 1/2 C.)
Mayonaise (2 lunches 1 C.)
4 Tbsp. Ketchup
Dried Fruit (1 Snack - 1 1/2 C.)
Raisins (1 Luch 6 boxes)
Parchment Paper
Ranch Dressing (3 Lunches/2 Dinners - 1 Bottle)
Syrup (2 Breakfasts - 1 Bottle)
100% Juice (1 Breakfast 1/2 Gallon)
2 Tbsp. Soy Sauce
1 Bag Tortilla Chips
1/2 C. Guacamole
1/2 C. Dry White Wine or Chicken Broth

Nachos



Ingredients:

1 lb. Ground Beef

1 pkg. Taco Seasoning

1 15 oz. Can Refried Beans

2 C. Shredded Cheese

1 Bag Tortilla Chips

1 Tomato, Chopped

Shredded Lettuce

Sour Cream

Guacamole

Directions:

Brown ground beef until no pink remains. Prepare according to directions on taco seasoning packet.

Warm refried beans in microwave until easy to spread.

Spread tortilla chips on a large platter. Top with: ground beef mixture, refried beans, shredded cheese, tomato, lettuce, sour cream and guacamole.