

Week of: November 5

Harvest of the Week: Sweet Potatoes

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sweet Potato Muffins Fried Eggs Grapes	Cottage Cheese (or Ricotta) w/ honey, apples & mandarin oranges	Hash Browns Scrambled Eggs Strawberries 100% Juice	Yogurt Cups Whole Wheat Toast Pears	Banana Mango Smoothies Oatmeal w/ dried fruit mixed in	Sweet Potato Pancakes Sausage Milk	Sweet Potato Cinnamon Rolls Milk Eggs
Snack	Strawberries	Orange Wedges	Grapes	Apples	Carrot & Celery Sticks		
Lunch	Turkey Sandwiches Carrot and Celery Sticks Apple	Yogurt Packs Crackers Cheese Carrots	Grilled Cheese Sandwiches Cucumbers Orange Wedges	String Cheese Crackers Grapes Carrots	Turkey Tortilla Wraps Grapes & a Banana	Chicken Soup Biscuits	Tuna Melts Apples
Dinner	Sausage Skillet Supper Garlic Bread Green Salad	Baked Chicken Sweet Potato Fries Peas	Pork Chops Mashed Sweet Potatoes Green Beans	Roasted Chicken Roasted Sweet Potatoes & Vegetables Salad	Sweet Potato Burrito Rice Corn	Cheeseburger Soup Green Salad Corn Bread	Chicken Casserole Green Beans Apple Crisp

Shopping List

Produce

17 Med Sweet Potatoes
Grapes (1 large bunch)
Strawberries (2 lbs)
Oranges (3 lbs)
Pears (2 lbs)
Apples (4 lbs)
Bananas (1 small bunch)
Carrots (2 lbs)
Celery (1 bunch)
Lettuce (2 bunch)
Tomato (2 med)
Cucumber (2)
Green Bell Pepper
8 Cloves Garlic
1 lb New Potatoes
1/2 Large Rutabega
2 Large Parsnips
Onion (2)
1 3/4 lbs Russet Potatoes
Granny Smith Apples (3 lbs)
1/2 C. Chopped Mushrooms
1 lemon

Dairy

Eggs (2 doz)
Cottage Cheese or Ricotta (16 oz)
Yogurt Cups (8 8 oz)
Butter (1lb)
Milk (2 gallons)
1 C. Buttermilk
Sliced Cheese
1 1/4 C. Sour Cream
Biscuits
16 oz Cheddar Cheese
8 oz American Cheese
Go Gurt (yogurt packs)
String Cheese (6)

Canned

1 14 oz Stewed Tomatoes
4 16 oz Kidney Beans
2/3 C. Picante or Salsa
9 C. Chicken Broth
2 Cans Tuna

Frozen

Hash Browns (1/2 pkg)
Mangos (1/2 small pkg)
Garlic Bread (1 loaf)
Peas (1 pkg)
Corn (1pkg)

Dry

1 1/8 C. Brown Sugar
1/2 C. Canola Oil
1 tsp. Vanilla
9 1/4 C. All Purpose Flour
5 1/2 tsp. Baking Powder
1 tsp. Cinnamon
1 1/2 tsp. Nutmeg
1/2 tsp. Allspice
3 1/4 tsp. Salt
Whole Wheat Bread (2 loaves)
Quick Cook Oatmeal (4 cups)
2 Envelopes Active Dry Yeast
1/2 C & 1 tsp. Sugar
1 tsp. Baking Soda
4 1/2 C. Long Grain Rice
1/4 C. & 4 Tbsp. Olive Oil
1 tsp. & 1 Tbsp. Steak Seasoning
2 tsp. black pepper
2 tsp. garlic powder
1/4 tsp. Paprika
1 3/4 C. Crushed Cornflake Cereal
1 pkg. Onion Soup Mix
1 1/2tsp. Onion Powder
3 Tbsp. Chili Powder
2 Tsp. Ground Cumin
Cayene Pepper
Corn Bread Mix (2 small)
Dried Basil
Dried Parsley
Crackers

Other

1/2 C. Raisins
1/2 C. Walnuts
100% Juice (1 gallon)
Dried Fruit (any kind 1 C.)
Panckae Syrup
No-Stick Spray
Ranch Salad Dressing
2 Tbsp. Dijon Mustard
3 Tbsp. Sweet Red Chili Sauce
4 tsp. Prepared Mustard
3 Tbsp. Soy Sauce
18 Flour Tortillas
3/4 C. Mayonaise
1 Can Diced Pimentos

Meat

Breakfast Sausage (1lb)
Turkey Sandwich Meat (2 lbs)
1 lb pork sausage
4 Skinless, Boneless Chicken Breasts
Pork Chops (5)
1 Whole Chicken
1/2 lb ground beef
6 C. Cooked Chicken

Recipe Links

Sweet Potato Muffins	http://allrecipes.com/recipe/sweet-potato-muffins/detail.aspx?event8=1&prop24=SR_Title&e11=sweet%20potato%20muffins&e8=Quick%20Search&event10=1&e7=Recipe
Sweet potato pancake	http://allrecipes.com/recipe/louisiana-sweet-potato-pancakes/detail.aspx?event8=1&prop24=SR_Title&e11=sweet%20potato%20pancakes&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results
Sweet Potato Cinnamon Rolls	http://www.myrecipes.com/recipe/sweet-potato-cinnamon-rolls-10000001542953/
Sausage Skillet Supper	http://www.tasteofhome.com/recipes/Sausage-Skillet-Supper
Sweet Potato Fries	http://allrecipes.com/recipe/lcs-sweet-potato-fries/
Baked Chicken	http://allrecipes.com/recipe/baked-chicken-2/detail.aspx?event8=1&prop24=SR_Title&e11=baked%20chicken&e8=Quick%20Search&event10=1&e7=Recipe
Roasted Sweet Potatoes	http://allrecipes.com/Recipe/Absolutely-Delicious-Baked-Root-Vegetables/Detail.aspx
Sweet Potato Burritos	http://allrecipes.com/recipe/addictive-sweet-potato-burritos/detail.aspx
Cheese Burger Soup	http://www.tasteofhome.com/recipes/Cheeseburger-Soup
Chicken Casserole	http://www.tasteofhome.com/recipes/Potluck-Chicken-Casserole