

Day	Breakfast	Lunch	Dinner	Items Needed
Monday	Oatmeal Smoothie	Pinto Beans/ Brn. Rice/ Salad	Pasta/White Sauce/Italian Bread/Salad	Fettucini noodles Salad dressing
Tuesday	Pancakes Yogurt	Wraps (using Monday's beans)	Mac and cheese Veggie patties broccoli	Maple Syrup
Wednesday	Cream of wheat/ Toast/Fruit	Grilled Cheese sandwiches/ Carrots w/ ranch dressing Applesauce	Pasta/Red sauce w/ meatballs/ Italian Bread/ Salad	Apples Bananas Lettuce/Tom/ cucumber
Thursday	Breakfast lemon pie/with fruit sauce	Veg. Burgers (using Tuesday's patties) and fries	Mac and cheese Veggie patties Carrots Salad	Lemons Olive oil
Friday	Cold cereal Fruit toast	Mexican Lasagna (will be Sunday's meal as well)	Haystacks (like a taco salad)	Tortilla chips