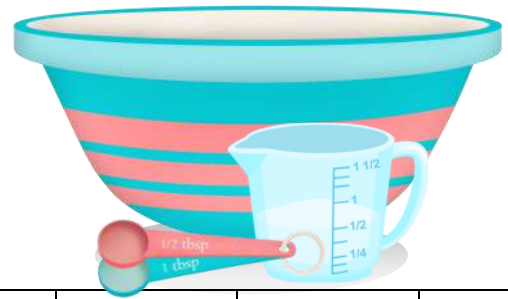


# Week 4



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Breakfast</b>	Bakery Croissants with Berry Jam & Easy Sausage Links	Butterscotch Muffins with Yogurt Cups	Easy 3-minute Breakfast Sandwich	Ham, Egg & Swiss Cheese Wraps, with berries on the side	Blueberry Croissant Puff, and Crispy Bacon	Coddled Eggs, Oven Bacon, Toast	Ham, Egg, & Cheese Breakfast Casserole
<b>Lunch</b>	Make your own Pizza <i>Lunch-able</i> with Fruit	Hotdogs with Berry Kabobs, Carrot Sticks	Chicken Ranch Wraps Pretzel Sticks Grape Tomatoes	Cream Cheese & Tomato Croissants with sliced Cucumbers	Apple & Peanut Butter In a Wrap with celery sticks	Cheesy Pepperoni Pizza Sticks Broccoli, Cup of Rice	Ham & Swiss Grilled Cheese with Broccoli Cheese Soup
<b>Dinner</b>	Ham & Swiss Stromboli with a side of Steamed Broccoli	Bacon Ranch *Chicken Pizza with Tomato Herb Salad	Broiled Shrimp & Bacon Wrappers with Easy Cheesy Zucchini Bites	*Broccoli Cheese Soup With Crusty French Loaf	Instant Pot Honey Garlic Chicken With White Rice	Best Ever Hamburger Patty with Baked Zucchini Tots	Southern Cheesy Chicken with Knorr Rice and Sweet Corn

**Notes** — \*Cook extra **Chicken** and set aside for Wednesdays lunch wraps.

Make enough **Broccoli Cheese Soup** to have leftovers on Sunday.

Week 4

# Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
Green Onions	Milk	Wraps or Tortilla Shells	White Vinegar
Button Mushrooms	1-2 Doz. Eggs	Bacon Bits	Berry Jam
Broccoli (or you can buy Frozen)	1-2 lbs. Deli Ham	Boxed Pizza Crust, or pre-made crust	Instant Pudding Butterscotch
Blueberries (or frozen)	Cream Cheese	Ranch Dressing	Instant Pudding Vanilla
Strawberries	Shredded Swiss Cheese	Ketchup	
Baby Spinach	Sliced Cheddar	1 Can Cream of Chicken Soup	
Bell Pepper	Shredded Mozzarella	Pretzel Sticks	
1-2 Qt. Cherry or Grape Tomatoes	Refrigerated Crusty French Bread Tube	1 Can or Frozen Sweet Corn	
3-4 Med. Zucchini	Velveeta Cheese	Knorr Rice Mix	
1-2 Yellow Squash	Mozzarella Cheese Sticks	Frozen Broccoli (or use fresh)	
Apples			
Celery	Yogurt Cups	<i>Household</i>	
<i>Meat</i>	Pepperoni		
1 lb. Bacon	<i>Bakery</i>		
4-6 Bone in Chicken Thighs	English Muffins		
4 lbs. Ground Beef	Croissants (Enough for family to have 2 meals)		
Jumbo Shrimp (enough for family)	Sandwich Bread		
Sausage Links	1 Package Dinner Rolls		
1 Whole Rotisserie CHicken	100 Cal. Sandwich Thins		