

Week 9



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	*Banana Bread and Sausage Links	Strawberry Banana Overnight Oats	Ham, Egg, & Cheese Wraps with Fresh Blueberries	Nutella Croissants	Yogurt Cups with Granola & Bananas	French Toast Breakfast Bake	Fruit & Cream Cheese Breakfast Pastry with Sausage Links
Lunch	Peanut Butter & Banana Quesadillas with Yogurt Cups	Homemade Uncrustable PB&J's with Carrot Sticks and Applesauce Cups	Pasta Salad	Spicy Tuna Wraps	Hot Dog Stuffed Crescent Rolls with Grapes and Gold Fish Crackers	Slow Cooker French Onion Soup with Crusty French Bread	Leftover Chili over White Rice Topped with Sour Cream
Dinner	Sweet & Spicy Chicken Thighs with Jasmin Rice and a Simple Carrot Salad	Leftover Pork Roast, Shredded with BBQ Sauce and Cole Slaw	Instant Pot Swiss Chicken with Baked Parmesan Tomatoes	Chili with Cornbread	Shrimp & Asparagus Stir Fry	End of the Month Casserole with Roasted Buttered Carrots	Crockpot Ravioli with Side Salad and Crusty Bread

Notes — *Use leftover bananas from previous week. Reserve leftover Chili for Sunday lunch.

Week 9

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Staples</i>
Blueberries	Eggs	Peanut Butter	Chia Seeds
Grapes	Butter	Corn Muffin Mix	Balsamic Vinegar
Black, or Blue or Raspberries	Milk	Applesauce cups	Cumin
Matchstick Carrots	Cream Cheese	4 oz. Can Albacore Tuna	Zatar (Indian Spice)
Avocado	Yogurt Cups	Jasmine Rice	BBQ Sauce
Cucumber	Tube Crescent Rolls	1 Can Kidney Beans	Sesame Oil
Romaine or Iceberg	Shredded Mozzarella	1 Can Crushed Tomatoes	
Tomatoes	Swiss Cheese	Cream of Chicken Soup	
1 Lemon		1 Jar Spaghetti Sauce	
Fresh Parsley		Can Water Chestnuts	
Sweet Potatoes		Brown or White Rice	
Cabbage (or Slaw Mix)	<i>Meat</i>	Stuffing Mix	<i>Household</i>
Red Bell Pepper	Sausage Links	1 Bag Frozen Ravioli	
Mushrooms	Deli Ham	1 Frozen bag Snow Peas	
	Hotdog Wieners	Frozen Puff Pastry Sheet	
<i>Bakery</i>	6 Bone-in Chicken Thighs		
Tortilla Wraps	Boneless Chicken Breasts		
Crusty French or Italian Bread x2	1 lb. Ground meat (your choice)		
Sandwich Bread	1 lb. Raw Shrimp		