

Week 77



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Sausage Biscuits with Sliced Apples	*Waffles with Berries	Southwest Breakfast Burritos	Sausage Egg & Biscuit Casserole	Yogurt Cups with Bananas	Asparagus and Egg Bake	Cinnamon Rolls and Sausage Links
Lunch	Pre-cooked Chicken Strips, Colby Jack Cheese Slices, Rice Cakes, Raisins & Matchstick	Turkey Ranch Tortilla Roll-ups with Sweet Potato Chips and Sliced	Ham & Mac and Cheese Lunchbox Muffins	Turkey Club Sandwiches Pasta Salad & Cheez Its	Sausage Links, Waffle Sticks, Blueberries	Tomato Soup & Grilled Cheese Sandwiches	Pizza Hand Pies with Lettuce & Carrot Salad
Dinner	Slow Cooker Pork Carnitas	Boneless BBQ Pork Ribs with a side of *Pasta Salad	Sloppy Joes with Bacon Cheddar Steak Fries	Shrimp and Asparagus Stir-Fry	BBQ Chicken Breasts and Rosemary Risotto with Mushrooms and Fresh Vegetables	Slow Cooker Sesame Chicken with rice and Asian Veggie Mix	Bacon Cheese-burger Crock Pot Tater Tot Casserole

Notes — *Mke extra waffles for Thursday's lunch. Use leftover pasta salad for lunch

on Thursday.

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Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Apples	3 doz. Eggs	1 Jar Salsa	Worcestershire sauce
Strawberries	Milk	1 Jar Pizza Sauce	Rice Wine Vinegar
Blueberries	Shredded Cheddar/	1 can water chestnuts	Ground Ginger
Bananas	Sliced Cheddar Cheese	White Rice	Sesame Oil
Matchstick Carrots	Shredded Parmesan	Arborio Rice	Vegetable Oil
Carrot Sticks	Shredded Mozzarella	Dry White Wine (Optional)	Ketchup
Cucumbers	Pepperoni	Bread Crumbs	Red Pepper Flakes
Tomatoes	Yogurt Cups	1 Box Mac & Cheese	Cornstarch
Lettuce	Sour Cream	1 Box Cheez Its	Sesame Seeds
2 White or Onions	1 Box Pie Crust	1 Bag Sweet Potato Chips	
2 lb Asparagus	1 Box Pie Dough	24 oz. Container Chicken or	<i>Bakery</i>
Bell Pepper	16 oz. Refrigerated	Rotini Pasta	Hamburger Buns
Snow Peas	Deli Turkey Slices		Tortilla Wraps
8 oz. Container	<i>Meat</i>	<i>Frozen</i>	Cinnamon Rolls
Cremini or Baby	1 lb. Breakfast Sausage	1 lb. Mixed Vegetable	Sandwich Bread
1 lb. Fresh Broccoli	4 lb. Ground Beef	1 lb. Tater Tots	
Fresh Rosemary	Bacon	1 Pkg. Frozen Shredded Potatoes or Hashbrowns	<i>Household</i>
3 Lg. Baking	1 lb. Raw Shrimp		
	6-8 Boneless Chicken		
	Ham Diced or Steaks		