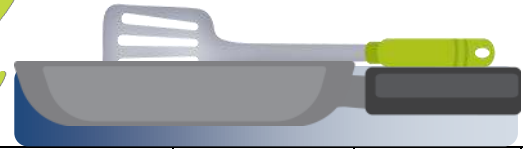


# Week 12



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Breakfast</b>	Sausage French Toast Roll-ups	Make Ahead Breakfast Casserole Blueberry French Toast	Pizza Breakfast Bagels	Favorite Cereal with a Banana	Oatmeal on the Go Bars	Family Favorite Omelets	Sausage, Gravy & Biscuits
<b>Lunch</b>	PB&J Roll- ups, Yogurt Tubes, Blueberries	Ham Slices Rolled Up, Cheese Sticks, Apple Sauce Cups,	Homemade Beefaroni, Cucumber Slices, Cookie	Boiled Eggs, Celery Sticks, Raisins, Crackers	Submarine Bento Box Lunch	Sausage Rolls with Spinach Salad	Leftover Minestrone Soup with Crackers & Cheese
<b>Dinner</b>	Rotisserie Chicken with side of Marinated Vegetable Salad	*Crockpot Minestrone Soup with French Bread	Sirloin Steak With Garlic Sautéed Spinach and Mushrooms	Sweet Chicken Slow Cooker Chicken Thighs and Roasted Garlic Cauliflower	Asparagus Linguine with Side Salad and French Bread	Beef & Salsa Casserole with Nachos and Salsa	Oven Backed Chicken with Potatoes & Carrots

*Notes* — \*Reserve leftovers for Sunday's lunch.

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Week 12

# Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Blueberries	Eggs	Pineapple Juice	Powdered Sugar
Bananas (if needed)	Milk	Old Fashioned Oats	Whole Wheat Flour
2 Limes	Mozzarella Cheese	Applesauce Cups	Baking Powder
1 Bundle Asparagus	Pepperoni	Dried Fruit (choose	Vanilla Extract
Celery Sticks	Yogurt Tubes or Cups	Walnuts, & Choice Seeds	Peanut Butter
Cucumbers	Deli Ham	Pizza or Spaghetti Sauce	Jam or Jelly
1 Head Cauliflower	Cheese Sticks	Boxed Cereal	Oregano
Carrot Sticks	Orange Juice	Teddy Grahams	
Flat Leaf Parsley	Monterey Jack Cheese	1 Can Diced Tomatoes	
Spinach		1 box Elbow or Ziti Pasta	
Baby Bella Mushrooms		Kidney Beans	
Baby Carrots	<i>Meat</i>	Chick Peas	<i>Household</i>
4 Lg. Potatoes	2 lbs. Chicken Thighs	Pinto Beans	
	Sausage Links	Reynold's Oven Bags	
	Bulk Sausage		
	1 lb. Ground Beef		
<i>Bakery</i>	Whole Rotisserie Chicken	<i>Frozen</i>	
Sandwich Bread	Sirloin Steaks (enough for your family)	Puff Pastry	
2 Loaves French or other Crusty Bread	4 lb. Frozen Chicken Thighs & Breasts	Frozen Corn	
Bagels	2 lb. Ground Beef		
Sub Buns			