

Week 18



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Bacon, Eggs & Toast	Country Breakfast Bowls	*French Toast Sticks	DIY Freezer *Oatmeal Cups	Favorite Cereal with Available Fruit	French Toast Bake	End of the Month Breakfast Bake
Lunch	Lettuce Wraps using On-hand Deli Meat, Chopped Veggies, and an On-hand Fruit.	Pizza Quesadillas	*Turkey Meatballs, Lettuce Leaves, Baby Carrots with Frozen Grapes	Peanut Butter & Banana Roll-ups Celery Sticks Potato Chips	Corn Chowder with Oyster Crackers, & Fruit Cups	Asian Chicken Kabobs	Grilled Cheese & Tomato Soup
Dinner	Freezer Meal Slow Cooker Pineapple Chicken	* Slow Cooker Potato & Corn Chowder	Grilled Chipotle Chicken Wings with Celery Sticks & Ranch Dip	Crock Pot Sloppy Joes with Steamed Broccoli (or other available vegetable).	Tangy Crockpot Pork Stew	Meatball Sub Casserole	Baked Potato Bar using leftover or available proteins, veggies, & cheeses

Notes— *Use leftover frozen French toast sticks. Use frozen Oatmeal from week 14. Use leftover Turkey Meatballs from dinner week 17. Reserve leftover Corn Chowder for lunch on Friday.

Week 18

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Large Baking Potatoes (enough	2 Dozen Eggs	1 Jar Salsa	Hungarian Paprika
	Milk	Fruit Cups	
	Butter (if needed)	Oyster Crackers	
	Shredded Cheddar	1 Can Sloppy Joe Sauce	
	Heavy Cream	1 Can Cream of Mushroom	
	Mozzarella Cheese (if	1 Box Brown Rice (if needed)	
		1 Jar Marinara Sauce	
		1 Can Tomato Soup	
<i>Bakery</i>	<i>Frozen</i>	<i>Meat</i>	<i>Household</i>
Sourdough Loaf Or Sourdough	1 Pkg. Frozen Meatballs	2-3 Boneless Skinless Chicken Breasts	
Hamburger Buns		24 Chicken Wings	
Wraps or Tortillas		1 lb. Ground Beef	
Sandwich Bread (If		1 Med. Pork Roast	
Italian Bread Loaf			