

Week 22



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	Cheesy Sausage Biscuit	Yogurt Cups with Granola and On-Hand Fruit	Banana Flax Protein Breakfast Cookies	Hawaiian Rolls Breakfast Sliders	3 Minute Breakfast Sandwich	Orange Rolls	Croissants with Berry Jam & Sliced Ham on Side
Lunch	BLT Bagel Grapes, Carrot Sticks, & Cherry Tomatoes	Chicken Nugget Bento Box Lunch, Pudding Cups, Cheese Sticks	Spinach & Bacon Mini Quiche with Berries & Sliced Bell Peppers	Butterfly Bento Box	Meatballs, Pita Pockets, Hummus, Snow Peas	Make Your Own Pizza	Meatball Lasagna Roll-Ups
Dinner	*Bow Tie Pasta Chicken Alfredo	Crispy Baked Pork Chops with Broccoli, Rice or Quinoa	Slow Cooker Honey Garlic Chicken with Veggies	Spaghetti & Meatballs with Garlic Bread	Crock Pot Mac & Cheese with Corn Muffins or Corn Bread	Baked Potato Bar	Four Ingredient Chicken & Rice Casserole

Notes — *This menu is designed to use up any remaining supplies from the month, with minimal purchases needed. Always check recipes to ensure you have needed supplies on-hand. Reserve extra bow-tie pasta for lunch on Thursday.

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Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Orange	Eggs	Almond Butter	Instant Yeast
Bananas	Milk	Pudding Cups	Dijon Mustard
Grapes	Butter	Collagen (or Protein Powder)	
Cucumbers	Heavy Cream	Jam	
Spinach (if needed)	Yogurt Cups	Alfredo Sauce	
Snow Peas	2 Cans Biscuit Dough	1 Can Evaporated Milk	
Lg. Baking Potatoes (1 per person)	Hummus	Pizza Sauce	
	Sour Cream	Lasagna Noodles	
<i>Bakery</i>	Cream Cheese	Marinara Sauce	<i>Household</i>
Hawaiian Rolls	Shr. Mozzarella Cheese	Bow-Tie Pasta	
English Muffins	Shr. Cheddar	1 Pkg. Onion Soup Mix	
Croissants	Shr. Provolone	White Rice	
Pita Pockets	Parmesan Cheese	1 Can Mushroom Soup	
Flat Out Pizza Bread	Cream Cheese	Macaroni	
	<i>Frozen</i>	<i>Meat</i>	
	Frozen Chicken Nuggets	1 lb. Italian Sausage	
	1 Lg. Bag Meatballs	1 Pkg. Bacon	
	Frozen Peas	4-6 Boneless Pork Chops	
	Broccoli (if needed)	4-6 Boneless Chicken	
		Deli Meat (if needed)	