

Week 32

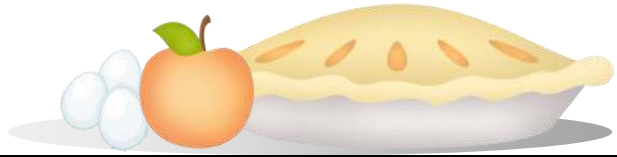


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast Oatmeal Muffins	Sausage Biscuits	*Boiled Eggs, Sausage Links or Patties Apple Slices	Cereal Bars and a Milk Box	Toast topped with Scrambled Egg, Blueberries	Bagels with Cream Cheese	Baked French Toast with Sliced Strawberries and Bacon
Lunch	Sandwich on a Stick, paired with Fruit	Deli Turkey & Cream Cheese Wraps, Celery & Carrot Sticks, Grapes	Make their own Pizza, with Pineapple Tidbits Cups	Grilled Chicken and Broccoli Pasta Salad	PB&J with Banana Sandwiches with Applesauce Cups	Chicken & Waffles Grilled Cheese Sandwich	Ultimate Grilled Mac & Cheese Sandwich
Dinner	Shrimp & Asparagus Stir Fry over Rice	Hot dogs with Copycat KFC Cole Slaw	Chicken Enchiladas	Beef & Broccoli Bowl served over Asian Noodles	*Creamy Beef Stroganoff with Crusty Ciabatta Bread	Mushroom Chicken served with Mashed Potatoes	Boneless BBQ Pork Ribs with Corn on the Cob and Cole Slaw

Notes - * Boil extra eggs for lunch next Monday. Reserve leftover stroganoff for lunch next Tuesday.

Week 32

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Apples	2 Dozen Eggs	Cereal	Vanilla Extract
Blueberries	Milk	Miniature Marshmallows	Ground Cinnamon
Strawberries	Heavy Cream	Honey Mustard BBQ Sauce	Ground Nutmeg
Bananas	Buttermilk	Mayonnaise	Ground Ginger
Grapes	2 lbs. Butter	Honey BBQ Sauce	1 Pkg. Ranch Seasoning
Lemons	Shredded Cheddar	1 Jar Pizza or Marinara	Sliced Almonds
Potatoes	Sliced Cheddar Cheese	1 Box Elbow Macaroni	Chocolate Chips
1 Bunch Asparagus	Shr. Mozzarella Cheese	1 Pkg. Mac & Cheese	All-Purpose Flour
3 Bunches Broccoli	Cream Cheese	1 Pkg. Egg Noodles	Skewers
Whole Snow Peas	Philadelphia Savory Garlic Cooking Cream	Ramen or Asian Style Noodles	Soy Sauce
Carrots	1 Can Biscuits	Bagel Chips	Rice Wine Vinegar
Mushrooms	1 lb. Deli Turkey	Pineapple Tidbit Cups	Sesame Oil
Water Chestnuts or Jicama	Pepperoni	Applesauce Cups	Vegetable Oil
Garlic	Sour Cream	1 Box Chicken Stock	Olive Oil
3-4 Mixed Color Bell Peppers	<i>Meat</i>	1 Box Low-Sodium Beef Broth	Mrs. Dash Original Blend Seasoning Medley
Lettuce	1-2 lbs. Bulk Sausage	White Rice	Maple Syrup
3 Onions	Sausage Links	Oatmeal	Sugar
2 Bags Cole Slaw Blend	1 lb. Bacon	<i>Bakery</i>	Honey
Corn on the Cob	1 lb. Beef Tips	1 Loaf French Bread	Brown Sugar
<i>Frozen</i>	1 lb Raw, Peeled, De-veined Shrimp	Ciabatta Bread	White Vinegar
Belgian Waffles	1 lb. Flank Steak	Sourdough Bread	Raisins
Chicken Fingers	Boneless Pork Ribs	Sandwich Bread	
	4 Boneless, Skinless, Chicken Breasts	Wraps	
	Hot dogs	Hot Dog Buns	