

MEALS FOR THE MONTH

Day/ Category	Main Dish	Bread (Optional)	Veggies	Fruits
MONDAY				
Mexican	Tacos	Corn Bread	Lettuce, Tomatoes, Avocados, corn	Pineapple
	Taco Salad			
	Enchiladas			
	Sour Cream Burritos			
	Navajo Tacos			
TUESDAY				
Italian	Fettuccini Alfredo	French Bread, Texas Toast, Bread sticks	Salad	Grapes
	Tortellini			
	Lemon Pasta			
	Spaghetti			
	Curry Noodles			
WEDNESDAY				
Quick	Rice-a-Roni	none	Peas, Corn	Apple slices
	Sloppy Joes			
	Nachos			
	Grilled Cheese			
	BLT			
THURSDAY				
Breakfast Dinners	Pancakes	none	none	Broiled Peaches with cinnamon & Sugar
	French Toast			
	German Pancakes			
	Sticky Buns			
	Breakfast casserole			
FRIDAY				
Freezer Food/ Easy/ Babysitter	Chicken Strips	Slice of Bread	Peas, Corn	Oranges
	Pizza			
	Corn Dogs			
	Mac N Cheese & Hotdogs			
	Tater Tot Casserole			
SATURDAY				
Family Favorites/ Leftovers	Cheesy potatoes	Homemade Bread	Broccoli or Carrots	melon
	Honey Lime chicken			
	Chicken broccoli rice Casserole			
	Cilantro chicken w/ avocado salsa			
	Buttermilk Chicken			
SUNDAY				
Nice / Crockpot	Pulled Pork Sandwiches	Rolls	Salad, Broccoli	In season Berries
	Taco Soup			
	Asian Lettuce Wraps			
	Roast			
	Chicken & Sauce			