

MEAL PLAN – Mon, Aug 24 to Sun, Aug 30, 2009

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|------------------|-------------------------------------|---|--|--|
| MONDAY | EACH 4 THEMSELVES | Southwestern grilled chicken salad w/ Sweet potato spears | Graham Crackers w/ Blackberries & whipped cream | Sloppy Joes French Fries |
| TUESDAY | Bacon-egg-cheese English muffins | Grilled sandwiches (Ham or turkey and cheese) | Ritz w/ peanut butter | 4-cheese lasagna (Hamburger Helper) |
| WEDNESDAY | Pancakes Sausage Eggs | Chili cheese dogs Chips | Vanilla Wafers w/ whipped cream & strawberries | Meatloaf Creamed corn Green beans |
| THURSDAY | EACH 4 THEMSELVES | Taco Pizza | Fruit rollups | Turkey Club Quesadillas |
| FRIDAY | EACH 4 THEMSELVES | French ham/turkey and cheese | KIDS' CHOICE | Homemade chicken noodle soup w/ Ritz crackers |
| SATURDAY | Ham/Cheese Omelets Grits | Spaghetti Garlic bread | KIDS' CHOICE | Smothered Pork Chops Mashed potatoes Baked beans Cornbread |
| SUNDAY | Cereal | Baked chicken Roasted Red Potatoes with Bacon & Cheese | Banana pudding | Ranch Turkey & cheese wraps Chips |

- WEEKLY FOOD BUDGET: \$125.00 -

GROCERY LIST – Mon, Aug 24 to Sun, Aug 30, 2009

| NON-FOOD | | FOOD | |
|---|--|--|--|
| Zoe diapers (\$22) TOTAL: \$22.00 | Chicken broth Eggs Milk 8 Sliced cheese Turkey bacon 3 English Muffins 3 Jelly 2 Pancake Mix Syrup Cooking Oil Pam Cooking Spray 2.50 Sausage Butter Diced Ham Shredded cheese Grits Special K / Cocoa Puffs 6 Southwestern chicken 3 Salad (bag) 3 Thousand Island Dressing 2 Bacon bits 2 Sweet potatoes 2 Ketchup 1.50 Bread Ham & turkey Miracle Whip Hot dogs 1 Hot dog buns 1 Chili 2 Chips 6 Pizza crust 1 Ground beef 5.50 Tomatoes 2 Shredded lettuce 2 Picante sauce 1 Taco seasoning .50 French toast bread 1 Spaghetti | Celery Spaghetti sauce 2 Garlic bread {Texas toast} 2.50 Chicken breast 5 Red Potatoes 2 Graham Crackers 1 Whipped cream 1 Blackberries/Strawberries 4 Ritz crackers 2 Vanilla wafers 1 Peanut butter 1.50 Banana pudding mix 1 Sloppy Joe mix 2 Hamburger buns 1 Seasoned French fries 2 Hamburger helper Hormel meatloaf 4.50 Creamed corn 2.50 Green beans 2.50 Flour tortillas x 2 3 Egg noodles Seasoning salt Jiffy cornbread 1 Pork chops 4 Cream of Mushroom soup 1.50 Country gravy mix Baked beans Tea Bags/Sugar 6 MISC BOUGHT 15 COUPONS 4 Sweet rolls x 2 2 Fruit roll ups This week's total: \$135.00 OVER budget \$10.00! Month Budget Balance: \$70.00 | |

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