

MEAL PLAN – Mon, Mar 1 to Sun, Mar 7, 2010

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Scrambled eggs Sausage Bacon	Chicken & Dumplings	Fruit roll ups	Cheesy Ranch Hamburger Helper
TUESDAY	Cereal	Pasta in Chicken broth	Lil smokies in blankets	Chicken tenders French fries
WEDNESDAY	Omelets Bacon	Steak fingers Pasta salad	Jello w/ fruit	BBQ Chicken Mashed potatoes Corn Brownies
THURSDAY	Pancakes Eggs Sausage	Chicken, Rice, & Bean Burritos	Pop Tarts	Country fried steak Sweet potatoes Cornbread
FRIDAY	Cereal	Hot dogs	Ramen noodles	Lemon pepper chicken Pasta Brownies
SATURDAY	Oatmeal	Sandwiches Chips	Strawberry popsicles	Spaghetti Mixed veggies Garlic bread
SUNDAY	Cinnamon Rolls	Chicken strip sandwich	Fudge rounds	Homemade Pizza

- WEEKLY FOOD BUDGET: \$150.00 -

GROCERY LIST – Mon, Mar 1 to Sun, Mar 7, 2010

NON-FOOD	FOOD
Toothpaste (\$3)	Eggs 8
Kids' socks (\$7)	Diced Ham 3
Avalyn shoes (\$10)	Turkey Bacon 2.50
<i>TOTAL: \$20.00</i>	Butter
	Ground Sausage
	Shredded cheese
	Cereal 8
	Milk 8
	Orange juice 5
	Grits 1.50
	Sweet rolls 2.50
	Pizzas x 2 10
	Turkey 3.50
	Bread 2.50
	Mayo / Mustard
	Sliced cheese
	Chips 7
	Garlic French bread 3.50
	Poptarts 2
	Popsicles (real fruit) 2
	Brownies 1.50
	Cooking spray
	Hamburger helper
	Hamburger meat
	Chicken tenders
	Hamburger buns 1
	Rice 2
	Kool Aid 4
	Bread sticks 2.50
	Garlic Texas toast 2.50
	Pancake mix 2
	Oatmeal 2
	Chicken broth
	Pasta
	Steak fingers
	Country gravy
	Pasta salad
	Burritos
	Hot dogs 3.50
	Hot dog buns 3
	Fruit roll ups 2
	Lemon pepper / Seasoning salt 1
	Chicken tenderloins 5
	Baked beans
	Jiffy mix
	Radiator pasta
	Spaghetti sauce
	Chicken wingettes 4
	Spaghetti
	Sweet potatoes (yams)
	Brown sugar
	Brown gravy x1
	Corn on the cob (halves)
	Cooking oil
	Mixed veggies
	BBQ sauce 3
	Chicken fried steaks
	Syrup 2
	<i>This week's total: \$110</i>

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