

## Sample Monthly Menu Planner - Week 1

Create a list of favorite family menu's and hang in a kitchen cupboard for easy reference.

Each week make a grocery list from your weekly menu planner.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack Ideas</b>
<b>Sunday</b>	Scrambled eggs Salsa English muffin Orange juice	Tuna sandwich Carrot & celery Apple Juice	Roast w/gravy Potatoes, carrots, onion Green salad Milk	popcorn pretzels graham crackers whole-wheat crackers
<b>Monday</b>	Blueberry muffin Sliced oranges Milk	Ham & cheese sandwich Orange slices Chips Milk	Barbecued Chicken Sandwich Jell-O salad, carrots Milk	peanut butter & crackers cereal in baggie granola bars oatmeal cookie
<b>Tuesday</b>	Cereal w/milk Banana Apple juice	Egg salad sandwich Carrot sticks Apple Milk	Grilled Cheese Sandwich Crackers Tomato Soup Milk	fig bars roll w/butter carrots & dip celery w/pb
<b>Wednesday</b>	Wheat toast Yogurt Sliced oranges Milk	Tomato noodle soup Crackers Apple Milk	Waffles Freezer jam Milk	apple slices orange slices applesauce fruit cup
<b>Thursday</b>	Oatmeal Cinnamon toast Apple slices Milk	Ravioli Green salad Green grapes Milk	Crock-pot Baked Potatoes Chili Cheese, Salsa Juice	raisins or dried fruit kiwi banana grapes
<b>Friday</b>	Boiled eggs English muffin Orange juice	Yogurt Smoothie Banana Oatmeal cookie Juice	Chicken Stir-Fry Rice Fruit Salad Milk	pineapple peaches cantaloupe strawberries
<b>Saturday</b>	Cereal w/milk Banana Apple juice	Macaroni & Cheese Orange slices Pumpkin bread Milk	Vegetable Soup Bread sticks Cantaloupe Juice	raspberries blueberries yogurt cheese

A great crock-pot recipe book is "Fix-It and Forget-It Cookbook" by Dawn J. Ranck & Phyllis Pellman Good.

## Sample Monthly Menu Planner - Week 2

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack Ideas</b>
<b>Sunday</b>	Granola Banana Milk	Bean & Cheese Burrito Green grapes Milk	Lasagna Peas & carrots Jell-O salad Juice	popcorn pretzels graham crackers whole-wheat crackers
<b>Monday</b>	Boiled eggs Wheat toast Orange juice	Corn chowder Apple Crackers Milk	Crock-pot Beef Stew Fruit salad Rolls or bread Juice	peanut butter & crackers cereal in baggie granola bars oatmeal cookie
<b>Tuesday</b>	Bagel Cream cheese Milk	Ham & cheese sandwich Orange slices Chips Milk	Chicken Fettuccini Alfredo Salad Corn Juice	fig bars roll w/butter carrots & dip celery w/pb
<b>Wednesday</b>	French Toast Peach slices Milk	PB & J sandwich Green grapes Milk	Waffles Freezer jam Milk	apple slices orange slices applesauce fruit cup
<b>Thursday</b>	Apple muffin Banana Milk	Egg salad sandwich Carrot sticks Apple Milk	Baked chicken breast Rice pilaf Carrots Milk	raisins or dried fruit kiwi banana grapes
<b>Friday</b>	Scrambled eggs Diced Ham Cinnamon toast Orange juice	Pepperoni Pizza Green salad Juice	Pizza Green Salad Juice	pineapple peaches cantaloupe strawberries
<b>Saturday</b>	Pancakes Strawberry jam Milk	Grilled Cheese Sandwich Crackers Tomato Soup Milk	Clam Chowder Green Salad Crackers Milk	raspberries blueberries yogurt cheese

## Sample Monthly Menu Planner - Week 3

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack Ideas</b>
<b>Sunday</b>	Scrambled eggs Salsa English muffin Orange juice	Tuna sandwich Carrot & celery Apple Juice	Crock-pot Scalloped potatoes/ham Corn Muffins Milk	popcorn pretzels graham crackers whole-wheat crackers
<b>Monday</b>	Blueberry muffin Sliced oranges Milk	Ham & cheese sandwich Orange slices Chips Milk	Taco Salad Chips, tomatoes & toppings Milk	peanut butter & crackers cereal in baggie granola bars oatmeal cookie
<b>Tuesday</b>	Cereal w/milk Banana Apple juice	Egg salad sandwich Carrot sticks Apple Milk	Chicken Enchiladas Pears Green salad Juice	fig bars roll w/butter carrots & dip celery w/pb
<b>Wednesday</b>	Wheat toast Yogurt Sliced oranges Milk	Tomato noodle soup Crackers Apple Milk	Baked fish Carrots Tater Tots Milk	apple slices orange slices applesauce fruit cup
<b>Thursday</b>	Oatmeal Cinnamon toast Apple slices Milk	Ravioli Green salad Green grapes Milk	Crock-pot Chicken & Rice w/broccoli Sliced pears Milk	raisins or dried fruit kiwi banana grapes
<b>Friday</b>	Boiled eggs English muffin Orange juice	Yogurt Smoothie Banana Oatmeal cookie Juice	Rigatoni Green salad Squash Milk	pineapple peaches cantaloupe strawberries
<b>Saturday</b>	Cereal w/milk Banana Apple juice	Macaroni & Cheese Orange slices Pumpkin bread Milk	Crock-pot Sloppy Joes Green beans Juice	raspberries blueberries yogurt cheese

## Sample Monthly Menu Planner - Week 4

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack Ideas</b>
<b>Sunday</b>	Granola Banana Milk	Bean & Cheese Burrito Green grapes Milk	Crock-pot Potato Comfort Soup Crackers Milk	popcorn pretzels graham crackers whole-wheat crackers
<b>Monday</b>	Boiled eggs Wheat toast Orange juice	Corn chowder Apple Crackers Milk	Chicken Tortilla Casserole Peas & corn Salad Milk	peanut butter & crackers cereal in baggie granola bars oatmeal cookie
<b>Tuesday</b>	Bagel Cream cheese Milk	Ham & cheese sandwich Orange slices Chips Milk	Spaghetti Garlic Bread Salad Milk	fig bars roll w/butter carrots & dip celery w/pb
<b>Wednesday</b>	French Toast Peach slices Milk	PB & J sandwich Green grapes Milk	Chicken Corn chowder Green salad Juice	apple slices orange slices applesauce fruit cup
<b>Thursday</b>	Apple muffin Banana Milk	Egg salad sandwich Carrot sticks Apple Milk	Crock-pot Chicken A la King Fruit salad Rice Milk	raisins or dried fruit kiwi banana grapes
<b>Friday</b>	Scrambled eggs Diced Ham Cinnamon toast Orange juice	Pepperoni Pizza Green salad Juice	Burritos Green salad, carrots Milk	pineapple peaches cantaloupe strawberries
<b>Saturday</b>	Pancakes Strawberry jam Milk	Grilled Cheese Sandwich Crackers Tomato Soup Milk	Cheese Tortellini w/marinara sauce corn, bread Juice	raspberries blueberries yogurt cheese

# Monthly Menu Planner - Week 1

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

# Monthly Menu Planner - Week 2

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

# Monthly Menu Planner - Week 3

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

# Monthly Menu Planner - Week 4

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				