

# MEAL PLAN

## SUNDAY

Breakfast	Lunch	Supper
Peanut Butter Toast	Grilled Cheese sandwich	Hamburgers & fries

## MONDAY

Breakfast	Lunch	Supper
Cereal	Soup & Crackers	Tacos

## TUESDAY

Breakfast	Lunch	Supper
Yogurt & Granola	Ham & cheese sandwich	Sausage & perogies

## WEDNESDAY

Breakfast	Lunch	Supper
Jam Toast	Pizza Pockets	Spaghetti

## THURSDAY

Breakfast	Lunch	Supper
Cereal	Salad	Chicken & rice

## FRIDAY

Breakfast	Lunch	Supper
Waffles	Ham & cheese sandwich	Pork Chops & salad

## SATURDAY

Breakfast	Lunch	Supper
Eggs & toast	Kraft Dinner	Frozen pizza

# GROCERY LIST

PRODUCE	PANTRY	OTHER
Lettuce	Peanut Butter	Paper towel
Onion	Cereal	Toilet paper
Green peppers	Soup	
Apples	Crackers	
Bananas	Taco shells	
	Granola	
	Jam	
	Spaghetti noodles	
	Spaghetti sauce	
	Salad dressing	
	Rice	
	Syrup	
	Kraft Dinner	
	Granola bars	

BAKERY	FROZEN	MEAT
Bread	Hamburgers	Ground beef
Hamburger buns	French fries	Ham
	Perogies	Sausage
	Pizza pockets	Chicken
	Waffles	Pork Chops

Frozen pizza

DAIRY		
Cheese slices	Sour cream	
Milk	Eggs	
Yogurt	Butter	