

## ONE WEEK ROTATION MENU

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY                                      | FRIDAY   | SATURDAY   |
|---|--|--|--|---|--|--|
| Oatmeal (123)   | Shredded Wheat w fruit & nondairy milk             | Breakfast Salad (122)<br>Toast and jelly                 | Frozen Fruit Soft Serve (126)                                    | Blueberries & Granola (126)                   | Oatmeal  | Breakfast Salad (122)<br>Toast & Jelly                           |
| Roasted Potatoes Lunch (150)                              | Black Beans & Yellow Rice Lunch (150)              | Kale Spread Sandwich Lunch (150)                         | Sweet Potato Patties Lunch (150)                                 | Cannellini Bean Soup Lunch (151)              | Stuffed Pastry Lunch (151)                               | Bean Soup w Macaroni Lunch (151)                                 |
| Bean Burgers (21)<br>Strawberry Fresh Fruit Cobbler (112) | Salad Shake (135)<br><br>Twice Baked Potatoes (33) | Spaghetti & No-Cook Sauce (26)<br><br>Spinach Salad (95) | Spicy Black Bean Soup (67)<br><br>Whole Wheat Bread (86) w jelly | Macaroni (30)<br><br>Corn & Tomato Salad (91) | Potato Vegetable Soup (62)<br><br>Fresh Fruit Salad (92) | Kale Breakfast Shake (138)<br><br>Mediterranean Pasta Salad (89) |
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|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         | 1         | 2        | 3      | 4        |
| 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| 12     | 13     | 14      | 15        | 16       | 17     | 18       |
| 19     | 20     | 21      | 22        | 23       | 24     | 25       |
| 26     | 27     | 28      | 29        | 30       | 31     | 1        |

## GROCERY LIST

| FRESH PRODUCE   | FROZEN                       | CANS, JARS,<br>BOXES &<br>PACKAGES   | BREADS                          | SPICES   | REFRIGERATED                     |
|---|------------------------------|--|---------------------------------|--|----------------------------------|
| Garlic<br>Green onions<br>Cilantro<br>Carrots<br>Onions<br>Tomatoes<br>Strawberries<br>Lemons<br>Spring mix<br>Cucumbers<br>Yukon Gold Potatoes<br>Red bell peppers<br>Spinach<br>Celery<br>Lime<br>Cherry tomatoes<br>Russet potatoes<br>Apples<br>Blueberries<br>Kale<br>Oranges<br>Bananas | Frozen corn<br>Frozn mangoes | Tomato sauce<br>Beans, pinto<br>Oatmeal (old fashioned)<br>Dill pickle slices<br>Sliced almonds<br>Slivered almonds<br>Raw cashews<br>Apple cider vinegar<br>Flax seed meal<br>Whole wheat spaghetti<br>Diced tomatoes<br>Mandarin oranges<br>Balsalmic vinegar<br>Red wine vinegar<br>Vegetable broth<br>Crushed tomatoes<br>Beans, black<br>Jelly<br>Macaroni<br>Roasted red peppers<br>Raisins<br>Whole grain penne pasta<br>Pitted Kalamata olives<br>Artichoke hearts | Thin whole wheat hamburger buns | Onion powder<br>Mustard<br>Catsup<br>Salt<br>Sugar<br>Cornstarch<br>Whole wheat flour<br>Baking powder<br>Tabasco<br>Paprika<br>Black pepper<br>Basil<br>Oregano<br>Cavendar's greek seasoning<br>Chili powder<br>Cumin<br>Baking soda<br>Flax seed meal<br>Nutritional yeast<br>Garlic powder<br>Braggs liquid aminos | Plain, low fat soy or amond milk |