

March Week 3 Menu

	Breakfast	Lunch	Dinner	Snack
Monday	<a href="#">Black Bean Breakfast Burrito</a> Serve with Salsa and Sour Cream	<a href="#">Pizza Crescent Rolls</a> Serve with Cottage Cheese	<a href="#">One Pot Pasta</a> Serve with Saltine Crackers	<a href="#">Zucchini Bread with Oats</a>
Tuesday	<a href="#">Waffle Hash Browns</a> Serve with Scrambled Eggs	<a href="#">Cream Cheese Roll-Ups</a> Serve with Apple Slices	<a href="#">Easy Shredded Pork Sandwiches</a> Serve with Bottled String Beans and Potato Salad	<a href="#">Coco Puff Crispies</a>
Wednesday	<a href="#">French Toast Roll-Ups</a> Serve with Fresh Banana	<a href="#">Tomato Bagel Sandwich</a> Serve with olives	<a href="#">Sweet and Tangy Meatballs</a> Serve with white rice and Steamed Broccoli	<a href="#">Orange Julius</a>
Thursday	<a href="#">Breakfast Braid</a> Serve with Grapefruit Juice	<a href="#">Creamed Tuna</a> Serve with Green Salad	<a href="#">Broccoli Chicken Foil Packs</a> Serve with Buttermilk Biscuits	<a href="#">Strawberry Trifle</a>
Friday	<a href="#">Berry Smoothie</a> Serve with a bagel and cream cheese	<a href="#">Caesar Ramen Chicken</a> Serve with Baby Carrots	<a href="#">Chicken Taquitos</a> Serve with <a href="#">Tomato Cucumber Salad</a>	Microwave Cheese Quesadilla's

\*Weekly Tips

- Tuesday: After breakfast place pork roast in crock pot for dinner.
- Wednesday: After breakfast take ground beef out of the freezer for meatballs. Chop enough broccoli for Broccoli Chicken Foil Packs.

March Week 3 Shopping List

Perishable Items	Non-Perishable Items	Food Storage
Milk	Croutons	Flour
Eggs	Crescent Rolls (2 pkgs)	Rolled oats
Butter	1 bag Mini Marshmallows	Sugar
Heavy whipping Cream	Coco puff Cereal	Raw sugar
Sour Cream	Pepperoni slices	Brown Sugar
Cream cheese	Turkey, (ham chicken)	Walnuts
Greek yogurt	Pork Roast	Vanilla
Cherry Yogurt	Andouille sausage	Salt
Onion and Chive Cream Cheese	Ground Beef	Pepper
String cheese	Chicken Breast	Baking Powder
Provolone Cheese	Bacon	Baking Soda
Grated parmesan	Ramen Noodles	Cinnamon
Sharp Cheddar Cheese	Stuffing mix (Chicken favor)	Dry mustard
Orange juice concentrate	Crackers	Kosher Salt
Apple Juice Concentrate	Potatoes	Garlic Powder
Angel Food Cake	Caesar Salad Dressing	Paprika
Bread	Ranch dressing	Worcestershire Sauce
Bagels	Tator tots	Vinegar
Tortillas		Ketchup
Crescent rolls		Salsa
Fresh basil		BBQ Sauce
Garlic		Vegetable Oil
Green onion		Olive oil
Yellow onion		Non stick spray
Red onion		Spaghetti sauce
Green pepper		Spaghetti
Broccoli		Canned black beans
Zucchini		Cream of chicken soup
Grape tomatoes		Instant Vanilla Pudding Mix
Tomatoes		Canned tuna
Cucumber		Nutmeg
Fresh Baby Spinach		
Oranges		
Banana		
Blueberries		
Strawberries		