

March Week 4 Menu

	Breakfast	Lunch	Dinner	Snack
Monday	Chili Style Scrambled Eggs Serve with Toast	Mexican Chicken Salad Serve with Tortilla Chips	Cheese Soup Serve with Garlic Toast	Applesauce Cookies
Tuesday	Oatmeal Serve with Milk, Fruit, and Nuts	Grilled BBQ Roast Beef Sandwich Serve with Tomato Soup	Lemon Stove Top Chicken Serve with Green Colada Smoothie	Brown Sugar Fruit Dip And strawberries
Wednesday	Egg-In-A-Pepper Sever with Orange Juice	Grilled Ham and Cheese Serve with Lemonade	Hot Chicken Casserole Serve with String Beans	Nutella Sandwiches
Thursday	Breakfast Puff Bites Serve with Yogurt	Bean and Cheese Burrito Serve with Sour Cream and Salsa	Parmesan Tilapia Serve with Oven Roasted Mushrooms and wild rice	Pistachios
Friday	Fried Eggs Serve with Bacon and Toast	Pork Lettuce Wrap Serve with Fried Rice	Pasta with Andouille Sausage Serve with Pickles and Olives as an appetizer	Cinnamon Sugar Twists

*Weekly Tips

- Monday: When chopping the vegetables for the Mexican Chicken Salad, also chop the vegetables for the Cheese Soup
- Tuesday: at lunch time, take the cream cheese out of the fridge so it is soft in time to make brown sugar dip for the kids after school.
- Thursday: Cook pork roast for Lettuce Wraps. Shredded pork freezes well so go ahead a use a large roast to stock the freezer. Cook rice for Easy Fried Rice.

March Week 4 Shopping List

Perishable Items	Non-Perishable Items	Food Storage
Avocado	Andouille Sausage	Applesauce
Bread	Bacon	Baking Soda
Carrots	Boneless Chicken Breasts	Barbecue Sauce
Celery	Bread Crumbs	Black Pepper
Cheddar Cheese	Butter	Brown Sugar
Chili Sauce	Cheese Whiz	1 Can Chick-Peas
Cilantro	Chili Sauce	Celery Salt
Cream Cheese	Coconut Milk	Chicken Broth
Crescent Rolls	Coconut Water	Cinnamon
Eggs	Diced Ham	Cream of Chicken Soup
Fresh Pineapple (or canned)	Frozen Peas	Dijon Mustard
Garlic	Frozen Peas	Dried Basil
Green Bell Pepper	Garlic	Dried Thyme
Heavy Whipping Cream	Mayonnaise	Flour
Lemon Juice	Nutella	Garlic Powder
Milk	Potato Chips	Ground Cumin
Mozzarella Cheese	Roast Beef	Lemon Juice
Mushrooms	Rotini Pasta	Nutmeg
Onion	Sausage, Bacon, or Ham	Old Bay Seasoning
Parmesan Cheese	Shredded Pork	Olive oil
Parsley	Sliced Ham	Onion Powder
Purple Onions	Slivered Almonds	Paprika
Red Bell Pepper	Tilapia Fillets	Red Pepper Flakes
Romaine Lettuce	Toffee Bits	Refried Beans
Sour Cream	Vanilla Wafers	Rice
Spinach or Kale		Salt
Three Cheese Blend		Shortening
Tomato		Soy Sauce
		Sugar
		Vanilla