

# FALL ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

## Week 1

### SUNDAY

Meatloaf  
Mashed Potatoes  
Corn  
Biscuits

### MONDAY

### TUESDAY

Mexican Lasagna  
Spanish Rice  
Mangoes

### WEDNESDAY

Chicken Pot Pie  
Salad

### THURSDAY

Chile  
Crackers

### FRIDAY

Chicken Broccoli Casserole  
Italian Cucumbers

### SATURDAY

## SHOPPING LIST

### Produce

4 med onion  
2 lbs potatoes, russet  
1 bell pepper  
2 mangoes  
1 bag salad kit  
1 lg cucumber  
7 Granny Smith apples

### Meat

4 ½ lbs ground beef  
2 ½ lbs chicken breast

### Frozen

1 bag corn (12 oz)  
1 bag mixed vegetables (16 oz)  
1 bag broccoli florets (12 oz)

### Refrigerated/Dairy

2 lg eggs  
4 oz sharp cheddar cheese  
4 Tbs butter  
8 oz milk  
12 oz buttermilk  
1 tube biscuits  
milk  
4 oz Mexican cheese blend

### Canned

3 cans black beans (15 oz)  
3 cans pinto beans (15.5 oz)  
1 can enchilada sauce (10 oz)  
1 can Rotel w/green chiles  
2 cans light kidney beans  
2 cans dark kidney beans  
2 cans diced tomatoes (28 oz)  
1 can cream of chicken soup

### Baked Goods

1 pkg flour tortillas (6-inch)  
1 pkg flour tortillas (10-inch)

### Dry Goods/Baking/Spices

1 box saltine crackers  
2 cups white rice  
2½ pkg chicken gravy mix  
1 pkg cornbread stuffing mix

### Pantry

ketchup  
salt  
pepper  
self-rising flour  
shortening  
cooking spray  
taco seasoning mix  
olive oil  
chili powder  
Italian dressing  
brown sugar  
all-purpose flour  
cinnamon  
nutmeg  
lemon juice  
vegetable oil