

WEEK 1

FALL

ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

MONDAY

Leftovers,
New Recipe, or
Dine Out

TUESDAY

Mexican Lasagna
Spanish Rice
Mangoes

WEDNESDAY

Chicken Pot Pie
Salad

THURSDAY

Chili
Crackers

FRIDAY

Chicken Broccoli
Casserole
Italian Cucumbers

SATURDAY

Leftovers,
New Recipe, or
Dine Out

*Chili

*Chicken Broccoli Casserole

SUNDAY

Meatloaf
Mashed Potatoes
Corn
Biscuits
Fruit Pizza
Apple Flautas

SHOPPING LIST

Produce

4 med onions*
2 lb potatoes, russet*
2 mangoes
1 bag salad kit
1 lg cucumber
7 Granny Smith apples

Meat

4 1/2 lb ground beef*
2 1/2 lb chicken breast*

Frozen

12oz bag corn*
16oz bag mixed vegetables*
12oz bag broccoli florets*

Refrigerated/Dairy

2 lg eggs*
4oz sharp cheddar cheese*
4 tbsp. Butter*

milk*

12oz buttermilk
1 tube grand biscuits
4oz Mexican cheese blend

Canned

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

Bread/Bakery

1 pkg flour tortillas
1 pkg hamburger buns (12)

Dry Goods/Baking

1 bx saltine crackers
2 cups white rice*
2 1/2 pkg chicken gravy mix
1 pkg cornbread stuffing mix
self-rising flour*
shortening
cooking spray*
brown sugar*
all-purpose flour*

Spices/Pantry

salt*
pepper*
taco seasoning mix*
olive oil*
chili powder*
cinnamon*
nutmeg*
vegetable oil*

Condiments

ketchup*
Italian salad dressing