

WEEK 1
FALL
ROTATING MENU
SEPTEMBER | OCTOBER | NOVEMBER

THURSDAY

**Chili
Crackers**

MONDAY

**Leftovers,
New Recipe, or
Dine Out**

FRIDAY

**Chicken Broccoli
Casserole
Italian Cucumbers**

TUESDAY

**Mexican Lasagna
Spanish Rice
Mangoes**

SATURDAY

**Leftovers,
New Recipe, or
Dine Out**

*Chili
*Chicken Broccoli Casserole

WEDNESDAY

**Chicken Pot Pie
Salad**

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