

# WEEK 1

# SUMMER

## ROTATING MENU

JUNE | JULY | AUGUST

## MONDAY

Spinach Frittata  
Toast  
Orange Slices

## TUESDAY

Grilled Chicken Cobb  
Salad

## WEDNESDAY

Grilled Hot Dogs  
Baked Beans  
Potato Chips

## THURSDAY

Pulled Pork Sandwich  
Coleslaw  
baked beans

## FRIDAY

Fish Tacos  
Pinto Beans  
Tortilla Chips

## SATURDAY

Leftovers,  
New Recipe, or  
Dine Out

\*Spinach Frittata  
\*Pulled Pork Sandwiches

## SUNDAY

Roasted Chicken  
Mashed Potatoes  
Corn  
Biscuits  
Fruit Pizza

\*Fruit Pizza - only make 1/2 of the recipe

## SHOPPING LIST

### Produce

4 oranges  
6 cups Romaine lettuce  
1 cup grape tomatoes  
1 avocado  
2 sm cabbage  
1 carrot  
4 green onions  
4lb potatoes  
4oz red raspberries  
4oz blackberries  
4oz blueberries

### Meat

2 lg chicken breasts  
1 pkg bacon  
1 pkg hot dogs  
2 lb pork tenderloin  
6lb whole chicken

### Frozen

10oz spinach  
fish sticks (16)  
2 bags corn

### Refrigerated/Dairy

4 oz cheddar cheese  
1/2 cup Parmesan cheese  
8oz crema  
1 can refrigerated biscuits  
1 (16oz) sugar cookie dough  
4 oz cream cheese  
3oz raspberry yogurt

### Canned

2 cans baked beans  
1 lg can pinto beans  
salsa  
10oz pineapple chunks

### Dry/Baking

potato chips  
tortilla chips  
coconut flakes

### Bread/Bakery

2 laves bread  
1 pkg hot dog buns  
1 pkg hamburger buns  
24 corn tortillas  
croutons

### Pantry

olive oil  
basil  
garlic, minced  
salt  
pepper  
lemon juice  
oregano  
Ranch dressing  
ketchup  
mustard  
relish  
mayonnaise  
sugar  
white vinegar  
coriander  
cumin  
cayenne pepper  
lime juice  
vegetable oil  
kosher salt  
paprika  
onion powder  
garlic powder  
chili powder  
powdered sugar  
butter, sticks  
butter spread  
onions  
eggs  
milk  
BBQ sauce