

# Monthly Meal Planner

Week:

Fresh Grocery List:

**1** Chili cheese fries  
Chicken noodle soup  
Chicken and rice  
Spaghetti  
Home made mac & cheese

Milk, bread, fruit, celery, carrots, salad, salad toppings

estimated cost: \$20

**2** Valentines Day  
Tacos  
Beef stroganoff  
Chicken pitas  
Stake salad

Milk, bread, fruit, onion, sour cream, pita bread, taziki, cucumber, calamata olives, onion, lettuce, salad toppings

estimated cost: \$28

**3** Chicken parm. (x2)  
Mexican casserole (x2)  
Spaghetti  
Grilled chicken, rice, veggie  
Bacon & avocado grilled cheese

Milk, bread, fruit, sour dough bread, lettuce, salad toppings, side veggie, avocado

estimated cost: \$20

**4** Kennedy's Bday  
Pizza  
French dip sandwiches  
Lemon fish, rice, salad  
Chicken fajitas

Milk, bread, fruit, hoagies, lettuce, salad toppings, red bell pepper, green bell pepper, onion

estimated cost: \$25

**5**

estimated cost:

Breakfast

burritos, bagels, muffins, fruit + yogurt, cereal, french toast, waffles

Lunch

lunchables, chicken nuggets, burritos, leftovers, hard boiled eggs, sandwiches