

Meal Plan - 1/28- 2/3

		Breakfast	Lunch	Dinner	
Sat	1/28	egg sandwiches	sandwiches/leftovers	Dinner with the in-laws	
Sun	1/29	Pancakes	sandwiches/leftovers	Mexican Night	LifeGroup
Mon	1/30	cereal/oatmeal/toast/fruit	sandwiches/leftovers	Pastor B's P.salsa Chk	Wrestling
Tues	1/31	cereal/oatmeal/toast/fruit	sandwiches/leftovers	Roasted Chk, rice, and veg	
Wed	2/1	cereal/oatmeal/toast/fruit	sandwiches/leftovers	Rum Tum Ditty	
Thu	2/2	cereal/oatmeal/toast/fruit	sandwiches/leftovers	Spaghetti	
Fri	2/3	cereal/oatmeal/toast/fruit	sandwiches/leftovers	squash soup /breadbowls	

Stockpile/on hand

sliced cheese	\$2.00
oatmeal (1/4 of a box)	\$0.37
cereal(\$.38 - \$.88 a box)	\$0.60
Tomato soup	\$0.25
ground beef	\$2.99
Rice	FREE
Chicken breast - 2 lbs	\$3.98
eng muffins	\$1.00
pineapple	\$0.25
instant potatoes	FREE
Bread bowls	FREE
Roaster Chicken	\$2.99
Bread (Shaw's markdown)	\$0.50
ham	\$2.99
turkey	\$2.99
2) froz veggies	\$0.76
shredded cheese	\$2.00
Pasta Sauce	FREE
Spaghetti	FREE
squash	FREE
canned tomatoes	\$0.38

\$22.05

Need to buy

eggs	\$1.49
bananas	\$1.20
milk	\$3.38
	\$4.58