

Menus for 2 weeks (Example)
Emergency Preparedness/Provident Living

B: Breakfast L: Lunch D: Dinner S: Snack

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
B: Hot Cereal Oatmeal	B: Pancakes	B: Cold Cereal	B: Muffins/Fruit	B: Hot Cereal Germade (Cream of Wheat)	B: French Toast	B: Cold Cereal
L: Top Ramen Noodles/fruit	L: Tomato Soup/ Toast	L: PBJ /Fruit	L: Mac & Cheese Fruit	L: Chicken noodle Soup/crackers	L: Tuna Sandwich Fruit	L: PBJ/Fruit
D: Tomato Mac. Casserole Veg: Bean	D: Sloppy Joe Veg: Corn	D: Hawaiian Hay Stack	D: Vegetable Soup	D: Alfredo/Noodle Veg: Bean	D: Burrito Veg: Corn	D: Chicken/bean /stuffing casserole
S: Pretzels Cookies	S: Peanuts Cookies	S: Fruit Snack Cake	S: Crackers Cake	S: Corn nuts Granola Bar	S: Popcorn Brownies	S: Dried Fruit Brownies
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
B: Hot Cereal Steal Cut Oats	B: Pancakes	B: Cold Cereal	B: Muffins/Fruit	B: Hot Cereal 9 Grain	B: Waffles	B: Cold Cereal
L: Top Ramen Noodles/fruit	L: Tomato Soup/ Toast	L: PBJ/Fruit	L: Mac & Cheese Fruit	L: Chicken Noodle Soup/Crackers	L: Tuna Sandwich Fruit	L: PBJ/Fruit
D: Tuna Casserole	D: Seven Layer Chicken Casserole	D: Hamburger/ bean Casserole	D: Taco Soup	D: Spaghetti Biscuits	D: Potatoes & Gravy Veg:	D: Sweet & Sour Pineapple Chicken
S: Pretzels Cookies	S: Peanuts Cookies	S: Pudding Cake	S: Crackers Cake	S Corn nuts Granola Bar	S: Popcorn Brownies	S: Dried Fruit Brownies