

Shopping List for Breakfast Row 1

Sunday: Cold Cereal/Fruit

Cold Cereal (Corn Chex)
Milk
Applesauce (Bottled)

Monday: Hot Cereal

Oatmeal
Salt
Milk
Sugar

Tuesday: French Toast/Fruit Smoothie

Eggs
Bread
Cinnamon
Sugar
Syrup
Jam
Pam
Strawberries (Freezer)
Bananas (Freezer)
Peaches (Bottled)
Milk

Wednesday: Cold Cereal/Fruit

Cold Cereal (Cheerios)
Milk
Bananas

Thursday: Toast/Eggs and Juice

Bread
Eggs
Orange Juice

Friday: Hot Cereal

Germade
Salt
Milk
Sugar

Saturday: Pancakes/Fruit

Wheat Flour
Sugar
Baking Powder
Eggs
Oil
Salt
Pam
Syrup
Jam
Oranges

What is needed different in Row 2 to make it work for 3 months

Sunday: Cold Cereal/Fruit

Powdered Milk

Monday: Hot Cereal

Powdered Milk

Tuesday: Toast/Fruit Smoothies (Could still do French toast with Powdered Eggs (I would prefer to save them for other cooking))

Make your own bread:

Bread: Wheat Flour

Sugar/honey

Salt

Oil

Yeast

Powdered Milk

Wednesday: Cold Cereal/Fruit

Powdered Milk
Applesauce

Thursday: Muffins/Fruit Smoothie

Muffin Mix
Strawberries (Freezer)
Bananas (Freezer)
Peaches (Bottled)
Powdered Milk

Friday: Hot Cereal

Saturday: Pancakes/Fruit

Peaches (Bottled)