

Emergency Frugal Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Pancakes with syrup, juice	Oatmeal sweetened with syrup, fruit, milk	Eggs, juice	Pancakes with syrup, milk	Oatmeal sweetened with syrup, fruit, milk	Oatmeal sweetened with syrup, fruit, milk	Pancakes with syrup, juice or milk
Lunch	PB&J with raw carrots	Leftovers OR PB&J with an apple	Leftovers OR PB&J with carrots	Leftovers OR PB&J with an apple	Leftovers OR PB&J with carrots	Leftovers OR PB&J with an apple	Leftovers OR PB&J with carrots
Dinner	Roasted chicken with broccoli and potatoes	Chicken and dumplings (with leftover roasted chicken and pancake mix)	Pork chops with broccoli and potatoes	Meatloaf with carrots and potatoes	Tacos	Black bean chili	Hot dogs
Snacks	Yogurt	Banana	Apple	Yogurt	Banana	Apple	Yogurt