



Menu #1

Healthy Budget Menu

Monday

Chicken Nuggets - All natural or from scratch
Farmers Market White Acre Peas (or other peas)
Hoe Cakes

Tuesday

Quiche - eggs, cream, spinach & cheeses
Blueberry Muffins

Wednesday

Homemade Vegetable Soup
Grilled Cheese Sandwiches

Thursday

Hotdogs
Chips
S'mores

Friday

Homemade Pizza
Salad

Saturday

Barbeque Sandwiches
Baked Chips
Pickle Spear

Sunday

Crockpot Lemon Pepper Chicken
Peas or Green Beans
Homemade Yeast Rolls

*Strength and dignity are her clothing,
and she laughs at the time to come.
Proverbs 31:25*