**Menu Plan #1:**
From Mel’s Kitchen Café (www.melskitchencafe.com)

**Note:** To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Ziti</td>
<td>Grilled Island Chicken</td>
<td>Tacos Supreme With toppings</td>
<td>Hawaiian Haystacks</td>
<td>Leftover Night!</td>
<td>Skillet Macaroni and Cheese</td>
<td>Homemade Pizza or Grilled Pizza</td>
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<tr>
<td>Green Salad</td>
<td>Orzo Pilaf or Black Bean</td>
<td>Homemade Tortilla Bowls</td>
<td>Buttery Peas with Thyme</td>
<td></td>
<td>Steamed Broccoli</td>
<td></td>
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<tr>
<td>Breadsticks or Make-Ahead Garlic Bread</td>
<td>and Corn Quinoa Salad</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
<td>Green Salad</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Dessert: Cookie Dough Topped Brownies</td>
<td>Steamed Peas or other Veggie</td>
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</tbody>
</table>

**Treats to Make:**
Perfect Chocolate Chip Cookies
Buttermilk Banana Bread

**Breakfast Ideas:**
Oatmeal Pancake Mix
French Toast (made with homemade bread)
Refrigerator Bran Muffins
Scrambled Eggs and Toast
Granola over yogurt
Buttermilk Waffles (made with all whole wheat flour)
Baked Oatmeal
Vegetables/Produce:

Dry Goods (pasta, crackers, etc.):

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods: