Menu Plan #8:
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>Broiled Parmesan and Lemon Chicken Barley Pilaf</td>
<td>Orange Beef and Veggie Stir Fry Baked Brown Rice or White Rice</td>
<td>Chicken Caesar Salad Wraps Fresh Seasonal Fruit/Vegetables</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</td>
<td>Skillet Taco Pie with Toppings Green Salad/Vegetables</td>
<td>Greek Chicken Pita Pockets Chips The Best Broccoli Salad</td>
<td>Homemade Pizza or Grilled Pizza Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Honey Lime Fruit Salad</td>
<td>Dessert: Oreo Truffle Brownies</td>
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</tbody>
</table>

**Treats to Make:**
- Chocolate Frosted Brownies
- Orange Creamsicle Cookies

**Breakfast Ideas:** For more breakfast ideas click HERE
- Oatmeal Pancake Mix
- Overnight Maple & Brown Sugar Oatmeal
- Make-Ahead Sausage and Egg Breakfast Bake
- Baked Blueberry Pecan French Toast
- Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze
- Refrigerator Bran Muffins
- Healthy Banana Bran Muffins
- Granola over Yogurt
- Buttermilk Waffles (made with all whole wheat flour)
- Baked Oatmeal
- Scrambled Eggs and Toast
- French Toast (made with homemade bread)
Vegetables/Produce:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)