

Stress-Free School Week #2:

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sweet Baked Ham <i>(Make sure you use a big enough ham to have extra meat for roll sandwiches and cheesy ham bites).</i></p> <p>Fluffy Whole Wheat Dinner Rolls <i>(If your family is likely to eat all of the rolls on Sunday, double for sandwiches Monday and Tuesday).</i></p> <p>Fresh or Steamed Vegetable</p> <p>Thin and Chewy Butterfinger Cookies</p>	<p>Breakfast Overnight Raised Waffles</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> Sandwich on a Whole Wheat Roll String Cheese Sliced Fruit and/or Carrot Sticks Butterfinger Cookie <p>Dinner Skillet Summer Vegetable Lasagna</p> <p>Fresh fruit or green salad</p>	<p>Breakfast Overnight Maple and Brown Sugar Oatmeal</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> Pb&J Sandwich Grapes Chips/Pretzels Boiled Egg <p>Dinner Healthy Chicken Nuggets</p> <p>Io-Io Potato Wedges or Sweet Potato Fries</p> <p>Fresh fruit or Applesauce (optional)</p>	<p>Breakfast <i>(Cold Cereal, French Toast, or Scrambled Eggs & Whole Wheat Toast)</i></p> <p>Sack Lunch</p> <ul style="list-style-type: none"> Crackers with cut up cheese and lunch meat or pepperoni Yogurt Apple slices Carrot or celery sticks <p>Dinner Cheesy Ham and Broccoli Quinoa Bites <i>(Make extra quinoa for the muffins tomorrow – making sure you cook in water and not broth!)</i></p> <p>Make: No-Bake Chocolate Granola Bites</p>	<p>Breakfast Good Morning Power Muffins</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> Leftover Quinoa Bite(s) Popcorn Banana Dark Chocolate Granola Bite <p>Dinner Slow Cooker Chicken Philly Sandwiches</p> <p>Tri-Color Pasta Salad</p>	<p>Breakfast Whole Wheat Blender Pancakes</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> Chicken Philly Sandwich Good Morning Power Muffin Crackers Fruit of Choice Yogurt <p>Dinner Creamy Garlic Alfredo Sauce w/pasta</p> <p>Steamed or roasted broccoli</p>	<p><i>(Relax and enjoy the weekend with leftovers, sandwiches, homemade pizza, breakfast food, or whatever your heart desires!)</i></p>

For more sack lunch ideas, go [HERE](#).

For more breakfast ideas, go [HERE](#).

For more 30-minute meal ideas, go [HERE](#).

Prep for Stress-Free School Days:

Sunday Evening:

- Prepare the waffle batter and refrigerate overnight.
- Prepare the sack lunches and store in refrigerator.
 - Slice up cooled ham (refrigerate or freeze some for Wednesday's meal) and use the rest on cheese and ham roll sandwiches for lunches.
 - Cut up carrot sticks and fruit(s) of choice.

Monday Morning:

- Pull out the waffle batter and cook waffles.

Monday Evening:

- Prepare the overnight oats in the crockpot according to recipe directions.
- Prepare the sack lunches for Tuesday and store in refrigerator.
 - Boil Eggs

Tuesday Morning:

- Serve the oats with fresh fruit and other toppings of choice.

Tuesday Evening:

- Prepare the sack lunches and store in refrigerator.

Wednesday Evening:

- While cleaning up dinner save 1 ½ cups quinoa and store in Tupperware for tomorrow morning.
- Prepare the sack lunches and store in refrigerator.
 - Pop Popcorn
- Make Dark Chocolate Granola Bites and store in refrigerator to pop in lunches for the next week.
- Shred Carrots and store in Tupperware for easier muffin assembly in morning.

Thursday Morning:

- Bake the Good Morning Power Muffins and serve with butter, honey, or other toppings of choice.
- Prepare the Slow Cooker Chicken Philly Sandwich filling according to recipe and start cooking in crockpot.

Thursday Evening:

- Prepare the sack lunches and store in refrigerator.

Friday Morning:

- Blend the pancake batter according to recipe, griddle the pancakes, and serve.

Grocery List for Stress-Free School Week #2:

*Keep in mind that this might not be a complete list of ingredients that you will need for the week, i.e. if you want extra veggies or sides for the meals, those ingredients or not included. Also, you may already have many of the spices/sauces/ingredients on hand, so double check and add and delete as necessary.

Vegetables/Produce:

- Fruit of choice for sack lunches
- Yellow Onion
- Red Onion
- Garlic
- Fresh Basil
- Yellow Squash
- Zucchini
- Russet Potatoes
- Steamed Broccoli
- Green Peppers
- Yellow Onion
- 3 roma tomatoes
- Fresh Basil

Meat/Cheese:

- Bone-In Unsliced Ham
- Lunch meat
- Pepperoni (if using for lunches)
- String Cheese
- Parmesan Cheese
- Ricotta Cheese
- Boneless, skinless chicken breasts
- Cheddar Cheese
- Sliced Provolone
- Cream Cheese

Milk/Dairy/Eggs:

- Eggs
- Milk
- Butter

- Buttermilk

Baking:

- Brown Sugar
- Yeast
- Sugar
- Vegetable Oil
- Coconut Oil
- Vital Wheat Gluten
- Shredded Coconut
- Dark Chocolate Chips
- Whole Wheat Flour
- All-Purpose Flour
- Sugar
- Baking Soda
- Cocoa Powder
- Sliced Almonds
- Pine Nuts

Breads/Buns:

- Whole Wheat Hoagie Buns
- Whole Wheat Bread

Canned/Jarred Goods:

- Diced Tomatoes
- Peanut Butter
- Honey
- Molasses
- No-Sugar Added Applesauce
- Black Olives
- Pesto (unless you have homemade)
- Caesar Dressing

Spices/Sauces/Condiments:

- Vinegar
- Ground Dry Mustard

- Vanilla Extract
- Olive Oil
- Maple Syrup
- Ground Cinnamon
- Paprika
- Garlic Powder
- Cayenne Pepper
- Dried Thyme
- Basil
- Oregano
- Coriander

Dry Goods (pasta, crackers, etc.)

- 10-Curly Edged Lasagna Noodles
- Tri-color rotini
- Steel Cut Oats
- Panko Bread Crumbs
- Quinoa
- Quick Oats
- Dry Wheat Berries
- Pasta

Misc:

- Butterfinger Bars (about 12 snack size bars)
- Cacao Nibs (Optional for dark chocolate balls)
- Dried Blueberries (optional for crockpot steel cut oats)
- Chia Seeds (Optional for Good Morning Power Muffins)