

# Stress-Free School Week #1:

## From Mel's Kitchen Café ([www.melskitchencafe.com](http://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><a href="#">Teriyaki Meatballs</a> Over couscous, pasta, quinoa, rice, or other grain of choice.</p> <p><i>(If your family is likely to eat all of the meatballs on Sunday, double the recipe and make appetizer-sized meatballs to pack in lunches for Monday)</i></p> <p>Fresh or Steamed Vegetable</p> <p><a href="#">Chocolate Chip Cookies</a></p>	<p><b>Breakfast</b> <a href="#">Rollup Blender Pancakes</a></p> <p><b>Sack Lunch</b></p> <ul style="list-style-type: none"> <li>• Tooth-picked Meatballs</li> <li>• String Cheese</li> <li>• Sliced Fruit</li> <li>• Carrot Sticks</li> <li>• Boiled Egg</li> <li>• Chocolate Chip Cookie</li> </ul> <p><b>Dinner</b> <a href="#">Creamy Tex-Mex Quinoa Dippers</a></p> <p><a href="#">Skillet Green Beans</a></p>	<p><b>Breakfast</b> <a href="#">Overnight Steel Cut Oats</a></p> <p><b>Sack Lunch</b></p> <ul style="list-style-type: none"> <li>• Tortilla Wraps</li> <li>• Babybel or String Cheese</li> <li>• Grapes</li> <li>• Tortilla Chips</li> <li>• Ants on a log - (Celery stick, peanut butter, and Craisins)</li> </ul> <p><b>Dinner</b> <a href="#">French Bread Pizza</a> &amp; any sides (fresh fruit/veggies/salad) <i>(Double pizza for lunches)</i></p>	<p><b>Breakfast</b> <i>(Cold Cereal, French Toast, or Scrambled Eggs &amp; Whole Wheat Toast)</i></p> <p><b>Sack Lunch</b></p> <ul style="list-style-type: none"> <li>• French Bread Pizza</li> <li>• Yogurt</li> <li>• Pretzels</li> </ul> <p><b>Dinner</b> <a href="#">Crispy Southwest Chicken Wraps</a></p> <p><a href="#">Honey Lime Fruit Salad</a></p>	<p><b>Breakfast</b> <a href="#">Refrigerator Bran Muffins</a></p> <p><b>Sack Lunch</b></p> <ul style="list-style-type: none"> <li>• Leftover Southwest Chicken Wrap</li> <li>• Bran Muffin</li> <li>• Crackers</li> <li>• Banana</li> </ul> <p><b>Dinner</b> <a href="#">BBQ Pulled Pork Sandwiches</a></p> <p>Chips or pretzels</p> <p><a href="#">Corn on the Cob</a> or other veggie</p>	<p><b>Breakfast</b> <a href="#">Em's Overnight Oatmeal Pancakes</a></p> <p><b>Sack Lunch</b></p> <ul style="list-style-type: none"> <li>• Pork Sandwich</li> <li>• Bran Muffin</li> <li>• Crackers</li> <li>• Fruit of Choice</li> <li>• Yogurt</li> </ul> <p><b>Dinner</b> <a href="#">Family Style Shrimp Scampi</a></p> <p><a href="#">French bread</a> (homemade or storebought)</p> <p>Steamed veggie</p>	<p><i>(Relax and enjoy the weekend with leftovers, <a href="#">sandwiches</a>, <a href="#">homemade pizza</a>, <a href="#">breakfast food</a>, 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 pancake batter and refrigerate overnight.
- Prepare the sack lunches and store in refrigerator.
  - Boil Eggs
  - Cut up carrot sticks and fruit(s) of choice

## Monday Morning:

- Put everything in the crockpot for dinner and set to low.

## Monday Evening:

- Parboil the oats according to recipe directions.
- Prepare the sack lunches for Tuesday and store in refrigerator.
  - Make ants on a log
  - Assemble tortilla wraps and pin with a toothpick

## Tuesday Morning:

- Reheat the oats and serve.

## Tuesday Evening:

- Prepare the sack lunches and store in refrigerator.

## Wednesday Evening:

- Make the refrigerator bran muffin batter and refrigerate.
- Prepare the sack lunches and store in refrigerator.

## Thursday Morning:

- Bake the bran muffins and serve.
- Prep the BBQ pork in the crockpot.

## Thursday Evening:

- Shred the pork for the pork sandwiches.
- Prepare the pancake batter and refrigerate.
- Prepare the sack lunches and store in refrigerator.

## Friday Morning:

- Griddle the pancakes and serve.

### **Grocery List for Stress-Free School Week #1:**

\*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
- Carrots
- Limes
- Cilantro & Parsley
- Celery Sticks
- Green Onion
- Red or Green Pepper
- Garlic
- Lemons
- Fresh green beans (1 pound)
- Corn on the cob
- Strawberries
- 3-4 kiwis
- Green grapes

### **Meat/Cheese:**

- Ground turkey or lean beef
- String Cheese
- Babybel Cheese
- Cheddar Cheese
- Deli lunch meat of choice
- Pork Shoulder

### **Milk/Dairy/Eggs:**

- Eggs
- Milk
- Lowfat Cottage Cheese
- Butter
- Cream Cheese
- Sour Cream
- Yogurt

- Parmesan Cheese
- Buttermilk – for pancakes and muffins

### **Baking:**

- Brown Sugar
- Vanilla Extract
- Flour
- Canola, vegetable, or coconut oil
- Sugar
- Chocolate Chips
- Cocoa
- Baking Powder
- Baking Soda
- Yeast

### **Breads/Buns:**

- Bread for bread crumbs and sandwiches
- French Bread (for 2 meals)
- Tortillas for lunch wraps and southwest wraps
- Buns for pulled pork sandwiches

### **Canned/Jarred Goods:**

- Honey
- Jam or Nutella for blender pancakes (optional)
- Peanut Butter
- Black Beans
- Petite Diced Tomatoes
- Pizza Sauce
- Applesauce
- Barbecue Sauce
- Clam Juice
- Low-sodium chicken broth
- Chunk pineapple

### **Spices/Sauces:**

- Worcestershire sauce
- Garlic Powder
- Soy Sauce
- Ground Ginger
- Cornstarch
- Chicken Broth
- Chili Powder
- Cumin Powder
- Hickory Liquid Smoke
- Onion Powder
- Cinnamon
- Nutmeg

### **Dry Goods (pasta, crackers, etc.)**

- Quinoa
- Rice
- Couscous, pasta, or other grain of choice to serve with meatballs
- Tortilla Chips
- Steel Cut Oats
- Crackers
- Bran Buds
- Wheat Bran Flakes
- Popcorn
- Pretzel Sticks
- Quick Oats

### **Frozen:**

- Boneless, Skinless Chicken Breasts
- Shrimp
- Corn

### **Misc:**

- Toothpicks
- Raisins or Craisins
- Extra Pizza Toppings of choice (optional)