

WEEK #1		WEEK #2		WEEK #3		WEEK #4	
<b>Breakfast</b>		<b>Breakfast</b>		<b>Breakfast</b>		<b>Breakfast</b>	
Milk	1.64	2 instant oatmeal	0.30	2 Cream of Wheat	0.64	Waffles	1.59
Two dry cereals	0.56						
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
Pork 'n Beans	0.39	PB&J	1.79	Chili	0.87	Mac 'n Cheese	0.35
		Bread	0.79			Chicken Vienna Sau	0.50
<b>Dinner</b>		<b>Dinner</b>		<b>Dinner</b>		<b>Dinner</b>	
Beefaroni/pasta	0.79	Spaghetti/pasta	0.79	Beef stew	1.00	Chili	0.87
Corn	0.49	Green beans	0.49	Potatoes	0.49	Corn	0.49
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
1 Pudding	0.22	Cheese Crackers	0.12	1 pudding	0.20	Fruit Leather (or other fruit snack)	0.23
1 Cereal Bar	0.24	Fruit snack	0.15	Apple	0.28	1 Cereal Bar	0.24
<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>	
1 Applesauce	0.23	1 Applesauce	0.23	1 Applesauce	0.23	2 Applesauce	0.46
1 raisin	0.20	3 Bowls	1.14	1 raisin	0.20	2 Bowls	0.76
2 Bowls	0.76			Fruit Cocktail	0.85		
<b>Beverage</b>		<b>Beverage</b>		<b>Beverage</b>		<b>Beverage</b>	
None (milk)		2 juices	0.50	2 juices	0.50	2 juices	0.50
<b>TOTALS</b>	5.52		6.30		5.26		5.99
This is just a template or go-by. We can substitute other things for items I may not be able to find 28 of some weeks.							
We just need something as a base menu. Our pantry isn't large enough for too many choices or for more than a couple of weeks at the time.							
Week #1	5.52						
Week #2	6.30						
Week #3	5.26						
Week #4	5.99						
	23.07	X	28	645.96	Per month		