

# Main Meals

<b>Name</b>	<b>Main Dish</b>	<b>Bread</b>	<b>Vegetable</b>	<b>Fruit</b>
<b>Monday</b>	Pork & Bean Casserole	Honeyed Toast	Celery	Mand. Oranges
<i>Quick</i>	Crescent Casserole			
	French Fry Burger Pie			
	Yakamish			
<b>Tuesday</b>	Soft Tacos	Cornbread	Corn	Peaches
<i>Mexican</i>	Chili & Chips			
	Enchiladas			
	Beef Ole			
<b>Wednesday</b>	Oven Chicken Casserole	Biscuits	Carrots (cooked)	Bananas
<i>Poultry</i>	Chicken Macaroni			
	Tuna Noodle			
	Luscious Lemon Chicken			
<b>Thursday</b>	Porcupine Meatballs	Rolls	Beans	Pears
<i>Beef</i>	Meatloaf/Rice			
	Primary Five-Hour Stew			
	No-Peek Casserole			
<b>Friday</b>	Spaghetti	Bread Sticks	Salad	Pineapple
<i>Italian</i>	Macaroni Beef			
	Lazy Day Lasagna			
	Mock Stroganoff			
<b>Saturday</b>	Sloppy Joes	Fried Pears	Peas	Apples
<i>Easy</i>	Hamburgers			
	Meatball Heroes			
	Chicken Gumbo Burgers			
<i>Eggs</i>	Fried Eggs	Toast	Celery	Orange Julius
	Cyclops	--		
	Scrambled Eggs	Toast		
	Boiled Eggs	Toast		
<b>Sunday</b>	Bean w/ Bacon Soup	Melted Cheese	Cucumbers	Peaches
<i>Soup</i>	Chicken Noodle Soup			
	Tomato Soup			
	Vegetable Beef Soup			
<i>Breakfast</i>	French Toast	--	Carrots	Applesauce
<i>for Dinner</i>	Hootenany	--		
	Pancakes	--		
Worksheet #64	Waffles	--		

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<b>Name</b>	<b>Main Dish</b>	<b>Bread</b>	<b>Vegetable</b>	<b>Fruit</b>
<b>Monday</b>				
<i>Quick</i>				
<b>Tuesday</b>				
<i>Mexican</i>				
<b>Wednesday</b>				
<i>Poultry</i>				
<b>Thursday</b>				
<i>Beef</i>				
<b>Friday</b>				
<i>Italian</i>				
<b>Saturday</b>				
<i>Easy</i>				
<i>Eggs</i>				
<b>Sunday</b>				
<i>Soup</i>				
<i>Breakfast for Dinner</i>				
Worksheet #65				

# Breakfasts and Lunches

<u>Name</u>	<u>Breakfast</u>	<u>Name</u>	<u>Lunch</u>
<b>Monday</b>	Swedish Bread	<b>Monday</b>	Tuna Sandwiches
	Orange Juice		Carrots
	Milk		Milk
<b>Tuesday</b>	Cold Cereal	<b>Tuesday</b>	Peanut Butter & Jelly
	Grape Juice		Celery
	Milk		Milk
<b>Wednesday</b>	Swedish Bread	<b>Wednesday</b>	Egg Salad Sandwiches
	Orange Juice		Carrots
	Milk		Milk
<b>Thursday</b>	Cold Cereal	<b>Thursday</b>	Bologna Sandwiches
	Grape Juice		Cucumbers
	Milk		Milk
<b>Friday</b>	Swedish Bread	<b>Friday</b>	Roast Beef Sandwiches
	Orange Juice		Carrots
	Milk		Chocolate Milk
<b>Saturday</b>	Granola	<b>Saturday</b>	Sloppy Joes
	Raisins		Hamburgers
	Peanuts		Meatball Heroes
	Milk		Chicken Gumbo Burgers
<b>Sunday</b>	Coffee Cake	<b>Sunday</b>	Bean w/ Bacon Soup
	French Puffs		Chicken Noodle Soup
	Orange Julius Muffins		Tomato Soup
Worksheet #66	Bannack		Vegetable Beef Soup

# Breakfasts and Lunches

<u>Name</u>	<u>Breakfasts</u>	<u>Name</u>	<u>Lunches</u>
<b>Monday</b>	_____	<b>Monday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Tuesday</b>	_____	<b>Tuesday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Wednesday</b>	_____	<b>Wednesday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Thursday</b>	_____	<b>Thursday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Friday</b>	_____	<b>Friday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Saturday</b>	_____	<b>Saturday</b>	_____
	_____		_____
	_____		_____
	_____		_____
<b>Sunday</b>	_____	<b>Sunday</b>	_____
	_____		_____
	_____		_____
Worksheet #67	_____		_____

