








# \$140 Monthly Dinner Menu Plan



SUN	MON	TUE	WED	THU	FRI	SAT
			1 French Bread Pizza \$4	2 Bear Creek Soup French Bread \$5	3 Pancakes for Dinner Sliced Peaches Sausage Links Eggs  \$6	4 Leftover Night \$0
5 Jiffy Cornbread Canned Chili \$5	6 Chicken Alfredo Steamed Broccoli \$6	7 Bacon Fried Rice  \$5	8 Taco Mac with Rotel \$6	9 Bear Creek Soup French Bread \$5	10 French Toast Sliced Peaches Sausage Links Eggs \$6	11 Leftover Night \$0
12 Boxed Mac and Cheese Hot Dogs Veggie \$4	13 Spaghetti Garlic Bread Canned Green Beans  \$9	14 Grilled Cheese Sandwiches Canned Tomato Soup  \$4	15 Hot Dog Fried Rice \$3	16 Bear Creek Soup French Bread \$5	17 Dairy Free Waffles Sliced Strawberries Bacon Eggs  \$7	18 Leftover Night \$0
19 Sloppy Joes Roasted Broccoli  \$8	20 Mac and Cheese Tuna Casserole \$5	21 Veggie Fried Rice \$3	22 Salsa Chicken and Rice \$6	23 Bear Creek Soup French Bread \$5	24 Homemade McMuffins \$10	25 Leftover Night \$0
26 Pizza Pasta \$5	27 Homemade Mac and Cheese Veggie  \$4	28 Tuna Fried Rice \$4	29 Chicken and Gavy Over Rice \$3	30 Bear Creek Soup French Bread \$5	31 Biscuits and Gravy Fresh Fruit \$5	1 Leftover Night \$0