







\$180 Monthly Dinner Menu Plan

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Chicken Broccoli Rice Casserole \$7	2 Bear Creek Soup French Bread \$5	3 Pancakes for Dinner Sliced Peaches Sausage Links Eggs  \$6	4 Leftover Night \$0
5 Air Fryer Pork Tenderloin Boxed Stuffing Veggie \$10	6 Chicken Alfredo Steamed Broccoli \$6	7 Bacon Fried Rice  \$5	8 Salsa Chicken and Rice \$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 Hot Dog Fried Rice \$3	15 Shepherds Pie with Instant Potatoes \$10	16 Bear Creek Soup French Bread \$5	17 Dairy Free Waffles Sliced Strawberries Bacon Eggs  \$7	18 Leftover Night \$0
19 Meatloaf Instant Pot Gratin Potatoes Roasted Cauliflower \$16	20 Mac and Cheese Tuna Casserole \$5	21 Beef Raviolis Canned Green Beans \$8	22 Tater Tot Casserole \$9	23 Bear Creek Soup French Bread \$5	24 Overnight Breakfast Casserole \$10	25 Leftover Night \$0
26 BBQ Chicken Legs Baked Beans Steamed Broccoli  \$10	27 Homemade Mac and Cheese Veggie  \$4	28 Tuna Fried Rice \$4	29 Salsa Chicken and Rice \$6	30 Bear Creek Soup French Bread \$5	31 Biscuits and Gravy Fresh Fruit \$5	1 Leftover Night \$0