



## GFCFSF SAMPLE FOODSTAMP MONTHLY MENU

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rice Chex cereal with milk sub, Orange Juice	<a href="#">Fried amarillos with Peanut Butter</a>	Cream of Rice cereal with sugar, Orange Juice	Eggs, Potatoes, Orange Juice	Rice Chex cereal with milk sub, Orange Juice	Pancakes, Syrup	<a href="#">Grits with Spinach and Bacon</a>
Hot Dogs with Baked Beans, Carrots	Lunchmeat, Apples, Chips	Leftover - <a href="#">Chicken Nuggets</a> , Carrot sticks, Apple	Leftover - <a href="#">Meat and Bean Chili</a> , cornbread muffins	Peanut Butter and Jelly Sandwiches, canned Peaches	Leftover - <a href="#">Roast Chicken</a> , Celery Sticks with Peanut Butter, Chips	<a href="#">Ratatouille</a>
<a href="#">Meat and Bean Chili</a> , Cornbread Muffins	<a href="#">Chicken Nuggets</a> , Broccoli, <a href="#">Mashed Potatoes</a>	<a href="#">Pork Chops</a> , Rice, Black Beans, Spinach	Burger Patties, Green Beans, <a href="#">Cinnamon Apples</a>	<a href="#">Roasted Chicken</a> , <a href="#">Sliced Baked Potatoes</a> , Peas	<a href="#">Ratatouille</a>	<a href="#">Roast Pork</a> , Fries, Peas
Eggs, Potatoes, Orange Juice	Eggs, Bacon, Potatoes	Rice Chex cereal with milk sub, Orange Juice	<a href="#">Fried amarillos with Peanut Butter</a>	Cream of Rice cereal with sugar, Orange Juice	Rice Chex cereal with milk sub, orange juice	<a href="#">Bacon Potatoes</a> , Oranges
Beef and <a href="#">Rice Stuffed Peppers</a>	Leftover - <a href="#">Navy Bean Soup with Ham</a> , Cornbread Muffins	Lunchmeat, Peaches, Chips	Leftover - <a href="#">Meatloaf with Bacon</a> , <a href="#">Mashed Potatoes</a> , Peas	Leftover <a href="#">Navy Bean Soup with ham</a> , cornbread muffins	Peanut Butter and Jelly Sandwiches, Canned Peaches	<a href="#">Black Bean Chili</a> , Cornbread Muffins
<a href="#">Navy Bean Soup with Ham</a> , Cornbread Muffins	Pasta with Marinara, Salad w/ Dressing	<a href="#">Meatloaf with Bacon</a> , <a href="#">Mashed Potatoes</a> , Peas	<a href="#">Black Bean Chili</a> , Cornbread Muffins	<a href="#">Sausage with Onions</a> , <a href="#">Tomatoes and Peppers</a> over Rice	<a href="#">Bean Tacos</a>	<a href="#">Shepard's Pie</a>
<a href="#">French Toast</a> , syrup, Oranges	<a href="#">Fried amarillos with Peanut Butter</a>	Cream of Rice cereal with sugar, Orange Juice	Eggs, Potatoes, Orange Juice	Rice Chex cereal with milk sub, Orange Juice	Eggs, Bacon, Bananas	Grits with Spinach and Bacon
Hot Dogs with Baked Beans, Peaches	Lunchmeat, Apples, Chips	Leftover - <a href="#">Chicken Vegetable soup</a> , Cornbread Muffins	Peanut Butter and Jelly sandwiches, Canned Peas	<a href="#">Pork Fried Rice</a>	Leftover - <a href="#">Roast Chicken</a> , Apple, Carrot sticks	<a href="#">Ratatouille</a>
<a href="#">Chicken Vegetable Soup</a> , Cornbread Muffins	<a href="#">Pork Chops</a> , Rice, Black Beans, Spinach	<a href="#">Roasted Chicken</a> , Baked Potatoes, Green Beans	Burger Patty, Fries, Salad	<a href="#">Ratatouille</a>	<a href="#">Bean Tacos</a>	<a href="#">Roasted Turkey</a> , <a href="#">Mashed Potatoes</a> , Broccoli

Hominy and Ham Slice	Eggs, Potatoes, Orange juice	Rice Chex cereal with milk sub, Orange Juice	Eggs, Bacon, Bananas	<a href="#">Fried amarillos with Peanut Butter</a>	Cream of Rice cereal with sugar, Orange Juice	<a href="#">Bacon Potatoes, Bananas</a>
Hot Dogs, Chips, Orange	<a href="#">Pork Fried Rice</a>	<a href="#">Turkey Rice Soup, Cornbread Muffins</a>	Peanut Butter and Jelly sandwiches, Oranges	<a href="#">Leftover Turkey, Canned Pears, Chips</a>	Leftover - <a href="#">Black Bean Chili, Cornbread Muffins</a>	Leftover <a href="#">Roasted Pork, Rice, Black Beans, Spinach</a>
<a href="#">Turkey Rice Soup, Cornbread Muffins</a>	<a href="#">Bean Tacos</a>	Burger Patties, Fries, Green Beans	Spaghetti, Salad	<a href="#">Meat-Stuffed Zucchini with Marinara</a>	<a href="#">Roasted Pork, Rice, Peas</a>	<a href="#">Shepard's Pie</a>