### GFCFSF Sample Foodstamp Monthly Menu Cost

#### Monday

- **8 eggs, 4 potatoes, 2 cups Rice Chex**
  - $2.38 veg/fruit:1 starch:2
- **Meat and Bean Chili, cornbread muffins**
  - $3.39 veg/fruit:1 starch:1
- **Meat and Bean Chili, cornbread muffins**
  - $1.34 veg/fruit:1 starch:0
- **Meat and Bean Chili, cornbread muffins**
  - $3.86 veg/fruit:2 starch:2

#### Tuesday

- **Lechonero with rice, black beans, spinach**
  - $2.21 veg/fruit:1 starch:2
- **Meatloaf with marinara, salad dressing**
  - $7.36 veg/fruit:1 starch:2
- **1 cup Cream of Rice cereal, 4 tsp sugar, 24 oz Orange Juice**
  - $1.34 veg/fruit:1 starch:0

#### Wednesday

- **Turkey Rice Soup, mushrooms**
  - $2.90 veg/fruit:2 starch:1
- **Beef and Bean Soup with ham, cornbread muffins**
  - $2.54 veg/fruit:1 starch:1
- **Meatloaf with marinara, salad dressing**
  - $1.34 veg/fruit:1 starch:0

#### Thursday

- **Turkey Rice Soup, mushrooms**
  - $2.80 veg/fruit:2 starch:2
- **Meatloaf with marinara, salad dressing**
  - $2.74 veg/fruit:1 starch:1
- **Meatloaf with marinara, salad dressing**
  - $2.48 veg/fruit:1 starch:2

#### Friday

- **Roasted Turkey, canned pears, chips**
  - $3.80 veg/fruit:1 starch:0
- **Roasted Turkey, canned pears, chips**
  - $0.80 veg/fruit:0 starch:2
- **Meatloaf with marinara, salad dressing**
  - $2.74 veg/fruit:1 starch:1

### Saturday

- **Turkey Rice Soup, mushrooms**
  - $2.90 veg/fruit:2 starch:1
- **Beef and Bean Soup with ham, cornbread muffins**
  - $2.54 veg/fruit:1 starch:1
- **Beef and Bean Soup with ham, cornbread muffins**
  - $2.54 veg/fruit:1 starch:1

### Sunday

- **Turkey Rice Soup, mushrooms**
  - $3.69 veg/fruit:1 starch:0
- **Turkey Rice Soup, mushrooms**
  - $3.69 veg/fruit:1 starch:0
- **Turkey Rice Soup, mushrooms**
  - $3.69 veg/fruit:1 starch:0

### Total

- **$282.05**

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**Please remember that this menu feeds FOUR people for each meal.**

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**Note:**
- Meat: 1
- Starch: 1
- Veg/fruit: 1
- Meat: 2
- Starch: 1
- Veg/fruit: 1

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**Link:**