

PERPETUAL MEAL PLAN - SUMMER 2024

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S	Corned Beef Hash or Spam with Eggs, Toast	FREE CHOICE	1	Shredded Beef Tacos Salad, Green Beans, Pickled Beets AUG 1ST - BE AN ANGEL DAY <i>Angel Food Cake w/Fruit</i>
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	2	FREE CHOICE GRILL NIGHT JULY 2ND - I FORGOT (TO PLAN DINNER) DAY <i>Coconut Cake or Coconut Pie</i>
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	3	Spaghetti, Goulash, or Lasagna Salad or Veggies, Garlic Bread JUNE 3RD - NATIONAL EGG DAY AUG 3RD - NATIONAL WATERMELON DAY <i>Watermelon Cupcakes</i>
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	4	Lemon Pepper or Skillet Chicken w/Rice, Baked Egg Plant, Salad JUNE 4TH - NATIONAL CHEESE DAY JULY 4TH - See 4TH of July Meal Notes AUG 4TH - NAT CHOCOLATE CHIP COOKIE DAY
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	5	Smoked or Grilled Meat Baked Beans, Potato Salad Pepper Poppers, Fresh Corn JUNE 5TH - NATIONAL GINGERBREAD DAY
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	6	Chicken Strips or Nuggets Or Fried Fish, FF, Chips, or Onion Rings, Fried Green Tomatoes or Fried Mushrooms JUNE 6TH - NATIONAL DRIVE-IN MOVIE DAY JULY 6TH - See Amaury's Birthday Meal Notes NATIONAL FRIED CHICKEN DAY
S	Fruit Smoothie, Eggs, Toast	LEFTOVERS or FREE CHOICE	7	Four cheese BBQ chicken pasta Creamed spinach or Salad JUNE 7TH - NATIONAL DONUT DAY JULY 7TH - WORLD CHOCOLATE DAY

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S	Loaded Breakfast Burritos, Sandwiches, or Wraps w/Cheese, Veggies, Eggs, Bacon or Sausage	FREE CHOICE	8	Tacos or Nachos Rice & Beans, Guacamole Veggies for Toppings, Fried Corn JULY 8th - See Shyanne's Birthday Notes
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	9	FREE CHOICE GRILL NIGHT <i>Rice Pudding</i>
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	10	BLTs or Sandwiches Veggie Tray, Pickles, <i>Cookies or</i> Cold Plate Dinner (<i>See Notes</i>) JUNE 10th - NATIONAL ICED TEA DAY AUG 10th - LAZY DAY
W	Muffins, Bagels or Toast w/ Eggs & Grits	Leftovers Pudding or Applesauce	11	BBQ or Baked chicken, Fried Green Tomatoes Salad, Corn on the Cob JUNE 11th - NAT. CORN ON THE COB DAY AUG 11th - See Lazy Dazy Day's Meal Notes
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	12	Sloppy Joes or Ground Steak Fresh Veggies, Slaw, Fruit
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	13	Chili Dog or Meatball Casserole Salad, French Fries or Chips JULY 13th - NATIONAL FRENCH FRY DAY AUG 13th - NATION FILET MIGNON DAY
S	Donuts or Danish w/ Fresh Fruit	LEFTOVERS or FREE CHOICE	14	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE JUNE 14th - FLAG DAY - See Notes JULY 14th - NATIONAL MAC N CHEESE DAY

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S	Quiche or Breakfast Casserole, Fruit, Toast	FREE CHOICE	15	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	16	Beef or Chicken French Roast Dip Sandwiches Salad or Slaw, Onions & Mushrooms JUNE 16TH - NATIONAL FUDGE DAY JULY 16TH - NATIONAL CHERRY DAY AUG 16TH - NATIONAL BRATWURST DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	17	Baked Potato Bar Soup, Salad, Corn on the Cob Tomato Pie JUNE 17TH - EAT YOUR VEGGIES DAY
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	18	Chicken Fajitas w/rice, beans, salad JUNE 18TH - INTERNATIONAL SUSHI DAY AUG 18TH - NATIONAL FAJITA DAY
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	19	Salisbury Steaks or Beef Tips, Mashed potatoes or turnips, Fried squash, Succotash AUG 19TH - NATIONAL POTATO DAY
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	20	Fried Catfish, or Baked Fish Sandwich, Crispy or Mashed Potatoes, Macaroni Salad or Creamed Peas AUG 20TH - NAT CHOCOLATE PECAN PIE DAY
S	Fried Pancakes w/syrup, Eggs, Meat, Fruit	Corn Dogs Mac N Cheese Veggies or Fruit	21	Fried Chicken or Fried Pork Chops Potato Salad, Baked Beans Macaroni & Cheese, Veggies JULY 21ST - NATIONAL ICE CREAM DAY AUG 21ST - NATIONAL SPUMONI DAY

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S	Eggs w/rice, veggie hash, toast	FREE CHOICE	22	Pizza or Taco Ring w/Salad JUNE 22ND - NATIONAL ONION RING DAY <i>Root Beer Floats</i>
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	23	BLTs or Sandwiches Veggie Tray, Pickles, <i>Cookies or</i> Cold Plate Dinner (<i>see notes</i>) AUG 23RD - NATIONAL SPONGE CAKE DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	24	Grilled Chicken Sandwich or Chicken & Waffles Onion Rings, Pickles Cucumber & Tomato Salad JULY 24TH - NATIONAL DRIVE-THRU DAY AUG 24TH - NATIONAL WAFFLE DAY
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	25	Chicken Buffalo Wraps Salad, Fruit JULY 25TH - See Christmas in July Notes
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	26	Chili Dog Casserole or Smothered Steaks or Burgers Baked Potatoes, Cole Slaw JUNE 26TH NAT CHOCOLATE PUDDING DAY AUGUST 26TH - NATIONAL DOG DAY
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	27	Broiled Tilapia or Fish w/Honey Mustard Glaze Baked Eggplant, Salad JUNE 27TH - INTER. PINEAPPLE DAY JULY 27TH - NATIONAL CRÈME BRULÉE DAY <i>Pig Out Pie or Crème Brûlée</i>
S	Waffle or Pancake Board Fresh Fruits & Toppings Eggs, Bacon	FREE CHOICE or Weenie Roast, S'mores, all the fixings.... (5th Saturdays!)	28	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE JULY 28TH - NAT. MILK CHOCOLATE DAY AUG 28TH - NATIONAL BOW TIE DAY

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DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S	Breakfast Tacos or Quesadillas w/rice & veggies or Eggs in a Hole with Avocado Salsa	FREE CHOICE	29	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE JULY 29TH - LASAGNA/CHICKEN WINGS DAY
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	30	Creamy Ranch Pork Chops or Mustard Crusted Pork Chops, Mashed Potatoes, Veggies JULY 30TH - NATIONAL CHEESECAKE DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	31	Pintos or Red Beans & Rice Greens, Rice, or Fried Potatoes, Corn Bread or Biscuits JULY 31ST - NATIONAL AVOCADO DAY AUG 31ST - EAT OUTSIDE DAY
JUNE 14th	FLAG DAY MEAL BBQ Ribs & Chicken Potato Salad, Baked Beans, Macaroni & Cheese, Watermelon Lemonade, Sweet Tea <i>Fruit Pizza or Peach Cobbler</i>		JULY 8th	AMAURY'S BIRTHDAY MEAL Creamy Cabbage & Sausage Baked Beans, Smushed Taters Pepper Poppers, Garlic Bread Oreo Cheesecake
FATHER'S DAY DINNER	Skillet Steak & Seafood Twice Baked Potatoes Roasted Veggies, Pepper Poppers <i>Salted Caramel Cupcakes</i>		JULY 25th	CHRISTMAS IN JULY Smoked or BBQ Turkey Corn Casserole, Carrot Souffle Smoked Salmon, Stuffed Tomatoes Watermelon Trees & Strawberry Santas
JULY 4th	INDEPENDENCE DAY MEAL Hot Dogs, Hamburgers Baked Beans, Potato Salad, Corn Deviled Eggs, Cucumber & Tomato Salad Sweet Tea, Lemonade <i>Banana Pudding or Fruit Pizza</i>		AUG 11th	LAZY DAZY MEAL Lazy Lasagna or Lazy Man's BBQ Sandwiches Salad, Slaw, and Chips Lazy Dazy Cookie Cake or 'Lazy' Kool aid Pie
JULY 6th	SHYANNE'S BIRTHDAY MEAL Spaghetti, Salad w/Ranch Green Beans, Fresh Fruit <i>Red Velvet Cake, Ice Cream</i>		COLD PLATE DINNERS	Cold Sliced Meats or Meat Salad Pasta, Potato, or Veg. Salad or Slaw Toast or Crackers, Pickled Food Fresh Fruit, Cottage Cheese Jello, Congealed Salad, or Pudding

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DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT

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Seasonal Produce Guide

***some items may be available year-round in your area.*

	Veggies			Fruits	
Winter	Beets	Greens	Pumpkin	Apples	Kiwi
	Brussels	Lettuce	Rutabagas	Avocados	Lemons/Limes
	Cabbage	Onions	Turnips	Bananas	Oranges
	Carrots	Parsnips	Winter Squash	Pineapple	Pears
	Celery	Potatoes	Yams	Grapefruit	
Spring	Artichokes	Green Beans	Radishes	Apples	Pineapple
	Asparagus	Lettuce	Spinach	Apricots	Lemons/Limes
	Broccoli	Mushrooms	Sweet Peppers	Avocados	Rhubarb
	Cabbage	Onions	Swiss Chard	Bananas	Strawberries
	Carrots	Peas	Turnips	Kiwi	
Summer	Artichokes	Corn	Onions	<i>All Spring Fruits +</i>	
	Beets	Cucumbers	Peppers	Berries	Melons
	Bell Peppers	Eggplants	Summer Squash	Cherries	Peaches
	Carrots	Green Beans	Tomatoes	Dates	Plums
	Celery	Okra		Mangoes	
Fall	<i>Most Winter Veggies +</i>			Apples	Lemons/Limes
	Broccoli	Lettuce		Bananas	Mangoes
	Cauliflower	Mushrooms		Cranberries	Pears
	Green Beans	Peas		Grapes	Pineapple
	Kale	Spinach		Kiwi	

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Breakfast & Free Choice Idea List

Add Ins for: Breads * Muffins * Pancakes * Cobblers	Other Breakfast Ideas	Fillings for: Sandwiches * Wraps * Burritos
<p>Fruit</p> <p>Cinnamon</p> <p>Zucchini</p> <p>Oatmeal</p> <p>Raisin</p> <p>Choc Chip</p> <p>Pumpkin</p> <p>Nuts</p> <p>Applesauce</p>	<p>Shortcakes</p> <p>Fruit Salad</p> <p>Smoothies</p> <p>Cobblers</p> <p>Breakfast Cookies</p> <p>Rice Pudding</p> <p>Quiche</p> <p>Donuts</p> <p>Corned Beef Hash</p> <p>Bird Nests/Toad in a Hole</p>	<p>Veggies</p> <p>Egg</p> <p>Cheese</p> <p>Beans</p> <p>Meats</p>
Free Choice Ideas:	NEW IDEAS TO TRY:	
<p>Chili Dogs Ham & Cheese Sliders</p> <p>Corn Dogs Meatballs</p> <p>Burritos Pigs in a blanket</p> <p>English Muffin Tostadas</p> <p>Pizzas</p> <p>Hot Dogs</p> <p>Pizza</p> <p>Rolls/Pockets</p>		

Plan according to what fruits & veggies are available.

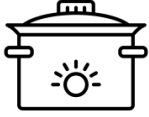

























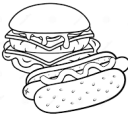





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Desserts & Snacks Idea List

Cakes		Cookies	Pies	Puddings, Gelatins, Misc.
Carrot	Cobblers/Sonkers	7 layer	Vinegar	Congeaed Salads
Angel Food	Salted Caramel	No Bake	Buttermilk	Banana Splits
Coconut	Pumpkin/ Pumpkin Roll	Oatmeal	Coconut	Cream Puffs
Funnel	Applesauce	Pizzelles	Lemon	Pig In a Poke
Earthquake	Mississippi Mud	Peanut Butter	Kool -Aid	Fruit Pizza/Crisps
Lemon	Shortcakes	Choc. Chip	Peanut Butter	Indian Pudding
Pound/Sponge	Chocolate	Whoopie Pies	Fruit	Ambrosia
Strawberry	Cheesecake	S'mores	Choc. Pecan	Dirt Cake
Hot Fudge Sundae		Brownies	Pumpkin	Rice Pudding
Pineapple Upside Down		Pumpkin	Pecan	Caramel Popcorn
Dump Cakes			Shoo Fly	Banana Split Dessert
Red Velvet			Fried	Cream Puffs
Tres Leche			Pudding	Banana Pudding
NEW DESSERTS TO TRY:			Pig Out	Chocolate Éclair
		Candies		Baked Alaska
		Oreo Balls		Ice Cream Floats
		Fudge		Puddings
		Candy Eggs		Sopapillas
				Ice Cream

Plan according to what fruits & veggies are available.

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1 	2 	3 	4 	5 	6 	7 
8 	9 	10  <small>BLT Sandwich</small>	11 	12 	13 	14 
15 	16 	17  <small>baked potatoes</small>	18 	19 	20 	21 
22  	23  <small>BLT Sandwich</small>	24 	25 	26 	27 	28 
29 	30 	31 	<p><u>Mondays</u> Meal Prep Days <u>Pantry Challenge Days: 14,15,28,29</u> Freezer Cooking, Big Batch Cooking</p>			

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Big Batch/Meal Prep/Freezer Cooking Meal Ideas for Pantry Challenge Days

BREAKFAST	LUNCH/DINNER	OTHER
Amish Friendship Bread	Bean & Cheese Burritos	Baked Rolls
Biscuits & Gravy	Beef or Chicken Fajitas	Cooked Meats
Blueberry Muffins	Beef Stroganoff	Cookie Doughs
Breakfast 'Hot Pockets'	Cheesesteak Casserole	Dandy Morning Coffee
Breakfast Burritos	Chicken Broccoli Alfredo Bake	Freezer Apple Crisp
Breakfast in a Cup	Chicken Enchiladas	Fried Rice
Coffee Cakes	Chicken Noodle Soup	Jalapeno/Garlic Bread
Freezer Fruit Bread	Chicken Pot Pie	Pizza Dough
French Toast/Pancakes	Chicken Wraps	Sourdough Breads
Ham, Egg, & Cheese Bagels	Corn Dog Muffins	
Loaded Breakfast Biscuits	English Muffin Pizzas	
Oatmeal Applesauce Muffins	Freezer Meatloaf	
Oatmeal Choc. Chip Muffins	Freezer Sloppy Joes	
Pumpkin Muffins/Pancakes	Freezer Stuffed Shells	
Sausage & Cheese Quiche	French Dip Sandwiches	
	Ham & Cheese Potato Bake	
	Ham & Cheese Sliders	
	Herbed Pork Tenderloin	
	Hot Pockets or Pinwheels	
	Lasagna or Baked Ziti	
	Low Carb Bacon Cheeseburger	
	Meatballs	
	PB & Js/Ham & Cheese	
	Poppyseed Chicken Casserole	FERMENTS
	Ranch Pork Chops	Kraut
	Soups/Stews	Pickled Eggs
	Spaghetti Sauce	Pickled Veggies
	Stuffed Peppers	
	Tater Tot Casserole	

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Big Batch/Meal Prep/Freezer Cooking Meal Ideas for Pantry Challenge Days

SEASONAL SCHEDULE

WINTER	SPRING	ALL
Amish Friendship Bread	Blueberry Muffins	Baked Rolls
Beef or Chicken Fajitas	Breakfast in a Cup	Bean & Cheese Burritos
Coffee Cakes	Cheesesteak Casserole	Breakfast 'Hot Pockets'
Freezer Meatloaf	Chicken Broccoli Alfredo Bake	Breakfast Burritos
Freezer Stuffed Shells	Chicken Enchiladas	Cooked Meats
Loaded Breakfast Biscuits	English Muffin Pizzas	Cookie Doughs
Tater Tot Casserole	French Dip Sandwiches	Dandy Morning Coffee
	Oatmeal Choc. Chip Muffins	Freezer Fruit Bread
	Sausage & Cheese Quiche	French Toast/Pancakes
	Spaghetti Sauce	Fried Rice
		Jalapeno/Garlic Bread
		Meatballs
		Pizza Dough
		Sourdough Breads
FALL	SUMMER	
Beef Stroganoff	Chicken Wraps	
Biscuits & Gravy	Ham & Cheese Sliders	
Chicken Noodle Soup	Ham, Egg, & Cheese Bagels	
Chicken Pot Pie	Hot Pockets or Pinwheels	
Corn Dog Muffins	Low Carb Bacon Cheeseburger	
Freezer Apple Crisp	Poppyseed Chicken Casserole	
Freezer Sloppy Joes	Ranch Pork Chops	FERMENTS
Ham & Cheese Potato Bake	PB & Js/Ham & Cheese	Kraut
Herbed Pork Tenderloin		Pickled Eggs
Lasagna or Baked Ziti		Pickled Veggies
Oatmeal Applesauce Muffins		
Pumpkin Muffins/Pancakes		
Soups/Stews		
Stuffed Peppers		

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