

Monday	GREEN Banana-Yogurt Smoothie; 1 tbsp Peanut Butter; Hot Tea; V8	Lentil & Vegetable Soup with Dumplings; Celery and peanut butter	Seafood; Onions; Hoecakes; Collard Greens; Iced Tea	Peanut Butter Apple; Milk for Children; Tea for Adults
Tuesday	ORANGE/YELLOW Batter bread and peanut butter; Banana & Peanut Butter; Hot Tea; V8	Peanut Butter Jelly Sandwiches; Macaroni & Cheese; Carrot Sticks	Bean Burritos with Homemade Refried Beans & Homemade Tortillas; Fried Squash; Iced Tea	Boiled eggs; Milk for Children; Tea for Adults
Wednesday	RED Cottage Cheese with tomatoes; Turkey Bacon; V8 Hot Tea	2 boiled eggs; Batter Bread; Margarine; beets	Creamed Tuna & Peas over Rice; stewed tomatoes; Iced Tea	Peanut Butter Tortillas; Milk for Children; Tea for Adults
Thursday	TAN/BROWN Batter bread; 3 slices turkey bacon; V8; Hot Tea	Peanut Butter Jelly Sandwiches; Macaroni & Cheese; cauliflower;	Black Bean Soup with rutabaga, Celery & Onions; peanuts Iced Tea	Peanut butter Apples; Milk for Children; Tea for Adults
Friday	BLUE/PURPLE Cottage Cheese with olives; 2 eggs; V8;	Leftover Black Bean Soup; peanuts; fried	Hot Dog & Veggie Stir Fry with black	Peanut Butter Tortillas; Milk for Children; Tea for Adults

	Hot Tea	eggplant;	olives; Iced Tea	
Saturday	GREEN Hot Rice in Milk; 2 eggs; V8; Hot Tea	Seafood, spinach; Celery & Onions; hoecakes; Milk	Butter Beans; Scalloped Tomatoes; Spinach; Iced Tea	Cottage cheese and celery; Milk for Children; Tea for Adults
Sunday	YELLOW/ORANGE Banana-Yogurt Smoothie; 1 tbsp Peanut Butter; Hot Tea; V8	Lentil Chili; Squash; Baked Custard	Corn Fritters; Steamed Carrots; Macaroni & Cheese; Iced Tea	Peanut Butter Tortillas; Milk for Children; Tea for Adults

Shopping List

- 1 lbs white rice—HEB \$1.92
- 2 lb bag of cornmeal—HEB \$1.04
- ½ gallon milk—HEB .75
- 2 lbs lentils—HEB \$1.72
- 1 lbs pintos—HEB \$.82
- 1 can black beans—HEB .59
- 1 can lima beans—HEB .79
- 2 boxes Mac and Cheese—HEB \$1.00
- 4 dozen eggs—Aldi \$4.80
- 2 lbs margarine—HEB \$1.60
- 1 lb hot dogs—HEB .80
- 4 cans tomatoes—HEB \$2.28
- 1 can green peas—Aldi .50
- 1 can corn—Aldi .50
- 1 can collard greens—HEB \$1

2 lb bag carrots—HEB \$1.12
3 lb bag onions—Aldi \$1.69
1 bunch celery—Aldi \$1.29
1 jar peanut butter—Dollar Tree \$1
vinegar—HEB .44
bouillon cubes—HEB .67
1 bunch bananas—HEB \$1
4 apples—HEB \$1.50
frozen squash—HEB \$1.71
2 cans beets—HEB .58
frozen cauliflower—HEB \$1.18
frozen eggplant—HEB \$1.98
black olives—HEB .99
2 cans spinach—HEB \$1.16
vegetable juice—HEB \$1.84
bread—Aldi .88
pack of 24 small tortillas—Dollar Tree \$1
seasoning blend—Dollar Tree \$1
2 cans refried beans—HEB \$1.12
Fresh Market Seafood Mix—HEB \$2.96
Peanuts—HEB \$1.50
Tuna—HEB .68
24 oz Cottage Cheese—HEB \$2.14
4 Containers of Yogurt—HEB \$1.60
Turkey Bacon—Dollar Tree \$1.00

Total: \$50.54