



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • White Chili Book 1 pg 50 • Kamut Cornbread • For the Love of Kamut pg 70 • Tomato Garnish 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Chicken Parmesan Book 2 pg 63 • Green Beans • Broccoli 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Easy Skillet Salmon Book 1 pg 96 • Garlic Mashed Potatoes Book 1 pg 211 • Broccoli, Peas 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Melt in your Mouth Burritos Book 2 pg 116 • Fruit Salsa with Cinnamon Chips Book 2 pg 129 	<p>PIZZA</p> <ul style="list-style-type: none"> • Mediterranean Pizza Book 2 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • Brown Rice with Almonds, Dried Blueberries with Balsamic Vinaigrette • Grilled or Rotisserie Chicken Book 2 pg 217 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Tri Tip Roast with Red Potatoes Book 1 pg 173 • Broccoli, Cauliflower, Green Beans

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Lemon Chicken with Butter Sauce Book 2 pg 34 • Rice Pilaf Book 1 pg 213 • Asparagus 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Bow Tie Pasta with Cherry Tomatoes and Fresh Basil Book 1 pg 67 • Garlic Bread Book 1 pg 227 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Classic French Toast Book 1 pg 227 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Burritos with Salsa Verde With Lime Book 1 pg 119 	<p>PIZZA</p> <ul style="list-style-type: none"> • Choose a Flavor Pizza Book 1 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • West Virginia Hot Dogs Book 2 pg 163 • Potato chips • Olives and Pickles 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Easy Pot Roast Dinner Book 1 pg 171 • White Kamut Rolls Book 3 pg 26