



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Biscuits and Sausage Country Gravy Book 1 pg 44 • Corn and green vegetable 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Easy American Lasagna Book 1 pg 75 • Quick Cesar Style Salad Book 1 pg 195 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Fish Tacos Book 1 pg 95 • Santa Fe Lime Rice Book 1 pg 123 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Chipotle with Brown Rice Book 2 pg 113 • Broccoli • Corn tortillas 	<p>PIZZA</p> <ul style="list-style-type: none"> • Mediterranean Pizza Book 2 pg 138 	<p>GRILL</p> <ul style="list-style-type: none"> • West Virginia Hot Dogs, Chili Sauce and Coleslaw Book 2 pg 163 • Green vegetable 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Rosemary Lamb Chops Book 2 pg 185 • Baked Potatoes • Green Beans and Carrots

MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Chicken And Noodles Over Mashed Potatoes Book 1 pg 38 • Corn and Green Vegetable 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Chicken Piccata with Capers Book 1 pg 79 • Jasmine Rice Book 2 pg 218 • Asparagus or Broccoli 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Scrambled Eggs Two Ways Book 2 pg 88 • Bacon, Favorite Kamut Pancakes • For the Love of Kamut pg 113, toast or potatoes (Get the fresh hash browns in the meat section of your grocery store) 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Chicken Taquitos Book 2 pg 123 • Spinach with Lime Ranch Dressing Book 2 pg 112 on the side • Mexican Rice with Fresh Tomatoes Book 1 pg 123 	<p>PIZZA</p> <ul style="list-style-type: none"> • Thick Crust Pizza Dough Book 1 pg 136 	<p>GRILL</p> <ul style="list-style-type: none"> • Sloppy Joes Book 1 pg 152 • Spinach with Lime Ranch Dressing Book 2 pg 112 on the side 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Single Serving Oven Fried Chicken • (Under variations) Book 1 pg 177 • Steamed Potatoes • Buttermilk Kamut Biscuits • For the Love of Kamut pg 34 •