



ULTIMATE 3-Month Supply of Food Storage - #10 CANS

SAMPLE WEEKLY MENU



Food Type		AVG Daily Servings		BREAKFAST				
Breakfast Entrée	avg 1.8 servings	Granola with Blueberries & Milk	Scrambled Eggs & Sausage	Granola with Milk and Cinn. Apples	Maple & Brown Sugar Creamy Wheat	Strawberry Fortified B-fast Drink	Peaches & Cream Oatmeal	Scrambled Eggs & Sausage
Fruit	avg .84 servings	Banana Slices	Strawberry Slices	Cinnamon Apples	Banana Slices	Cinnamon Apples	Strawberry Slices	Banana Slices
Drink	avg 1.9 servings	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix
Food Type		AVG Daily Servings		LUNCH				
Lunch Entrée	avg 1.1 servings	Chicken A La King	Beef Stew	Santa Fe Chili	Hearty Beef Rotini	Bacon Potato Chowder	Mountain Man Stew	Chili Mac with Beef
Snack	avg 1.1 servings	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers
Vegetable	avg .53 servings	Super Sweet Corn	Garden Green Peas	Green Beans	Green Beans	Garden Green Peas	Super Sweet Corn	Green Beans
Drink	avg 1.9 servings	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix
Food Type		AVG Daily Servings		DINNER				
Dinner Entrée	avg 1.1 servings	Mountain Man Stew	Pasta Primavera	Shanghai Teriyaki	Lasagna	Beef Stew	Rice & Chicken	Macaroni & Cheese
Snack	avg 1.1 servings	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers	Pilot Crackers
Vegetable	avg .53 servings	Green Beans	Super Sweet Corn	Garden Green Peas	Super Sweet Corn	Garden Green Peas	Green Beans	Garden Green Peas
Side	avg .53 servings	Instant White Rice	Instant White Rice	Instant White Rice	Instant White Rice	Instant White Rice	Instant White Rice	Instant White Rice
Drink	avg 1.9 servings	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix	Instant Peach Drink Mix	Instant Orange Drink Mix