

October 5th ~ October 11th



### Ingredients For the Week

8 oz sour cream	1 can mushroom soup
1 tsp olive oil	8 oz STOVE TOP stuffing Mix for Chicken
3 cups frozen vegetable blend	8 small B.G. chicken breasts
Marinara sauce (x2)	Pepperoni
Cheese blend (x4)	Mushrooms
Pizza Crust	12oz spaghetti
1-2tbsp Cilantro	3/8 tsp crushed red pepper
1/2 tsp cumin	1 can green chilies, diced
1 can black beans, rinsed & drained	1/2 cup corn, frozen
Tuna	Refried beans
Diced tomatoes	Lettuce
Tacos/Burritos	Taco Mix
Ground Beef (x2)	3-5 potatoes

Sunday October 5th

Autism.org

Anniversary Dinner!



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## Monday October 6th

### Hamburger Potato Casserole

- 1lb ground beef
- 1 can mushroom soup
- 8 oz sour cream
- 3-5 potatoes
- Shredded cheese

1. Brown & season beef.
2. Bring potatoes to boil (Fork tender, but not completely done).
3. Drain beef & potatoes.
4. Combine them with cream of mushroom soup & sour cream in 9x13 baking dish.
5. Cover with foil & bake at 350°F for 30 minutes.
6. Uncover & sprinkle with cheese.
7. Continue baking until cheese is melted.

Preheat to 350°F  
Time: 30 minutes

<http://thegroceryweekly.blogspot.com/2008/06/hamburger-potato-casserole.html>

## Tuesday October 7th

### Burritos = Tacos

- Ground Beef
- Taco Mix
- Tacos/Burritos
- Lettuce
- Diced tomatoes
- Cheese
- Refried beans



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Wednesday October 8th

Dinner/Dess 2:20 PM  
Cute Class 7:45 PM

## LEFTOVER NIGHT!



Thursday October 9th

### Tuna Spaghetti Southwest

- 1 tsp olive oil
  - Tuna
  - Sauce Seasonings:
    - 1.5 cup marinara sauce
    - 1 can black beans, rinsed & drained
    - ½ cup corn, frozen
    - 1 can green chilies, diced
    - ½ tsp cumin
    - 1/8 tsp crushed red pepper
    - 1-tbsp cilantro
  - 10oz spaghetti
1. Cook spaghetti according to package.
  2. Sauté tuna in oil
  3. Add "sauce seasonings" - bring to a boil.
  4. Reduce heat & simmer 5 minutes
  5. Spoon over spaghetti & serve.



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Friday October 10th

Open Swim Meet

Homemade Personal Pizza

- Pizza Crust
- Mushroom
- Cheese blend
- Pepperoni
- Marinara sauce



Saturday October 11th

Cheddar Chicken and Vegetable Skillet

- 6 small B.G. chicken breasts
  - 2 cups frozen vegetable blend
  - 1 1/3 cups water
  - 6 oz package STOVE TOP Stuffing Mix for Chicken
  - 1 cup KRAFT Shredded Mild Cheddar Cheese
1. Spray large skillet with cooking spray. Add chicken; cover. Cook on medium-high heat 2 to 3 min. on each side or until browned. Remove from skillet.
  2. Add vegetables and water. Bring to boil.
  3. Stir in stuffing mix just until moistened. Top with chicken and cheese; cover. Cook on low heat 5 min. or until cheese melts.



<http://Food.yahoo.com/recipes/kraft/69181/cheddar-chicken-and-vegetable-skillet>



MENU ITEMS	WIC ITEMS
Mushroom	24oz Formula
Cheese blend x4	1 gallon milk
Pepperoni slices	2 containers 1/8
Marinara sauce	1lb Cheese (cheddar)
Ground Beef x2	14 - 20oz canned carrots
Lettuce	
Mushroom soup	
8 oz STOVE TOP stuffing Mix for Chicken	
B.G. Chicken breasts	

**SALE ITEMS**  
September 25<sup>th</sup> - October 8<sup>th</sup>

✓ Item	% Off	Price	Coupon/Notes
Barilla pasta	18%	\$0.89	
Fresto 12g 20ct kitchen trashbag	23%	\$1.49	\$0.40/1 (x3)
Glade wisp flameless candle starter kit	25%	\$4.99	\$5/1
Glade Fabric 4 Air odor eliminator			\$1.50/1 (expires 10/04)
2 Guave sea breeze	17%	\$0.79	\$1.50/2
Electrasol dish auto powder lemon 75oz	22%	\$1.99	\$2.25/1 (?)
Pedigree Good Bites			\$1.50/1
Pillsbury Pizza Crush Dough 12.8oz		\$1.69	\$1.10/1 (x5)
Gus Bee Honey Clover 40 oz	25%	\$4.79	\$0.119/oz
<b>Old El Paso Mexican shells</b>	<b>45%</b>	<b>\$0.75</b>	<b>Peelie free with a product</b>
Pillsbury Brownie mix 20oz	58%	\$0.75	
Tombstone 12in combo/pepperoni pizza		\$3.00	
Campbell Harvest select			\$15 peelie!
Ragu pasta sauce 12.50oz	24%	\$0.99	