

MONDAY



### Mexican Spaghetti

- This kid-friendly spaghetti is a mash-up of tacos and spaghetti. It's a one pan dinner that's ready in a half hour.
- Shortcut: If you have taco seasoning in your pantry, substitute it for the spices in this recipe. I always make my own taco seasoning and keep it on hand.

TUESDAY



### Crispy Air Fryer Chicken Tenders

- Kids love these homemade chicken tenders and they're easy to make. You can have them on the table in less than a half hour!
- Buy your favorite bagged salad to serve with the chicken tenders. I actually like cutting up the tenders and serving them on the salad.

WEDNESDAY



### Crescent Roll Breakfast Casserole

- To get a head start on this recipe, brown the sausage ahead of time and refrigerate it. The egg mixture can be whisked up ahead of time, too. The casserole is easy to assemble.
- Serve with fruit or if you have time, make fruit kabobs with creamy yogurt dip.

THURSDAY



### Crockpot Beef Stew

- Makes 8 servings. Reheat any leftover stew for lunch tomorrow.
- To get a head start, prep the carrots, celery, and onion the night before and store them in a resealable bag or container. The potatoes can be prepped ahead of time; refrigerate them in a bowl of water so they don't get discolored.

FRIDAY



### Pizza Quesadillas

- Quesadillas are always a hit for an easy dinner. Kids love them because quesadillas can be made to order with all their favorite toppings. Be sure to have lots of pizza sauce for dipping!
- Serve the quesadillas with carrot and celery sticks.

BONUS



### After School Snack Board with Monster Cookie Energy Balls

- Spoil your students with a fun after school snack board. Pretty much any snack can find a place on your snack board. Choose your favorites!
- Monster cookie energy balls can be made ahead of time and refrigerated or frozen. I like to make a double batch

NOTES

- Quote of the Week: Sign on a high school bulletin board in Dallas: "Free every Monday through Friday: knowledge. Bring your own containers." – E.C. McKenzie

## GROCERY LIST FOR MEAL PLAN #84

### HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

#### PRODUCE

- yellow onions (2) - *M/Th*
- garlic (2 cloves) - *Th*
- baby potatoes (1 lb) - *Th*
- bell pepper (1) - *M*
- carrots (4, plus optional extras to serve with quesadillas and as snacks) - *Th/F/Bonus*
- celery (4 stalks, plus optional extras to serve with quesadillas and as snacks) - *Th/F/Bonus*
- cilantro (small bunch) - *M*
- rosemary (1 sprig) - *Th*
- thyme (1 sprig) - *Th*
- parsley (small bunch) - *F*
- bagged salad to serve with chicken tenders - *Tu*
- fresh fruit to serve with breakfast casserole - *W*
- apples (2) - *Bonus*
- grapes (2 c) - *Bonus*

#### MEAT / FISH / PROTEIN

- lean ground turkey or beef (1 lb) - *M*
- chicken tenders (1 to 1 ½ lb) - *Tu, see note*
- ground breakfast sausage (1 lb) - *W*
- beef chuck roast (3 lb) - *Th*
- sliced pepperoni (40 slices) - *F*

#### DAIRY / REFRIGERATED

- shredded sharp cheddar cheese (2 c) - *M/W, see note*
- large eggs (10) - *Tu/W*
- refrigerated crescent roll dough (8 oz package) - *W*
- shredded mozzarella cheese (3 c) - *W/F*
- whole or 2% milk (12 oz) - *W*

#### BREAD / PASTA / GRAINS

- spaghetti (8 oz) - *M*
- 10-inch tortillas (4) - *F*

#### CANNED GOODS

- tomato paste (4 T) - *M/Th*
- 14.5 oz can petite diced tomatoes with green chiles (1) - *M*
- 14.5 oz can diced tomatoes (1) - *Th*
- beef broth (36 oz) - *Th*
- pizza sauce (½ c) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M*
- ground cumin - *M*
- paprika - *M/Tu/Th*
- dried oregano - *M*
- garlic powder - *Tu/Th*
- ground mustard - *W*
- bay leaf (1) - *Th*

#### PANTRY

- all-purpose flour - *M/Tu/Th*
- panko bread crumbs (1 c) - *Tu*
- cornstarch - *Th*
- maple syrup (¼ c) - *Bonus*
- vanilla extract - *Bonus*
- rolled oats (2 c) - *Bonus*

#### OTHER

- garnishes for spaghetti: avocado, lettuce, tomato, green onion, cilantro, jalapeño peppers, etc. - *M (optional)*
- dipping sauce for tenders: pizza sauce, barbecue sauce, or ranch dressing - *Tu (optional)*
- dry red wine (½ c) - *Th*
- frozen peas (2 c) - *Th*
- mini M&Ms (1 c) - *Bonus*
- mini chocolate chips (1 c) - *Bonus*
- ranch dressing (½ c) - *Bonus*
- peanut butter (1 ¾ c) - *Bonus*
- Cheez-it crackers or other cracker of choice (1 c) - *Bonus*
- peanut butter protein powder - *Bonus, optional*

#### NOTES

- For best results, buy a block of cheese and shred it yourself (*M*). It's less expensive, too!
- To save money, you can buy boneless skinless chicken breasts and cut them into strips yourself (*Tu*).