

Thrifty Meals for Four
Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Juice	Grape Juice	Grape Juice	Apple Juice	Orange Juice	Orange Juice	Apple Juice
	French Toast*	Hard-Boiled Egg	Oatmeal	Toasted Oat Cereal	Fat-Free Yogurt	Bran Flakes	Pancakes
	Syrup	Toast	Toast	Banana	Make Ahead Banana Muffins*	Banana	Syrup
	Milk	Jelly	Milk	Toast/Jelly	Milk	Toast/Jelly	Banana
		Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Tuna Melt on English Muffin*	Twisty Minestrone Soup*	English Muffin Pizza*	Chicken Sandwich w/ Lettuce & Tomato	Leftover American Chop Suey	Leftover Tuna Noodle Casserole	Stromboli*
	Tomato Slices	Crackers	3 Bean Salad*	Carrot Sticks	Broccoli	Carrot Sticks	Garden Salad*
	Broccoli	Peanut Butter	Orange	Pretzels	Easy Fruit Salad*	Green Beans	Apple
	Orange	Fruit Salad		Apple		Apple	
Dinner	Beef Fajitas w/ Lettuce & Tomato*	Macaroni & Cheese*	Sunday Best Roast Chicken*	American Chop Suey*	Tuna Noodle Casserole*	Mom's Night Out Sub*	Baked Beans
	Easy Fruit Salad*	Broccoli	Mashed Potato	Snappy Coleslaw*	Garden Salad*	Potato Salad*	Low-Fat Frankfurter
	Non-Fat Frozen Yogurt	Bread	Chicken Stir Fry*	Raisin Oatmeal Cookies*	Raisin Oatmeal Cookies*	Dill Pickles	Snappy Coleslaw*
	Milk	Garden Salad	Biscuit	Milk	Milk	Non-Fat Frozen Yogurt	Fat-Free Yogurt
	Milk	Non-Fat Frozen Yogurt			Milk	Milk	Milk
Snack	Graham Crackers	Pretzels	Crunchy Cereal Snack Mix*	Make Ahead Banana Muffins*	Peanut Butter & Crackers	Raisin Oatmeal Cookies*	Popcorn
		Banana	Carrot Sticks		Orange		

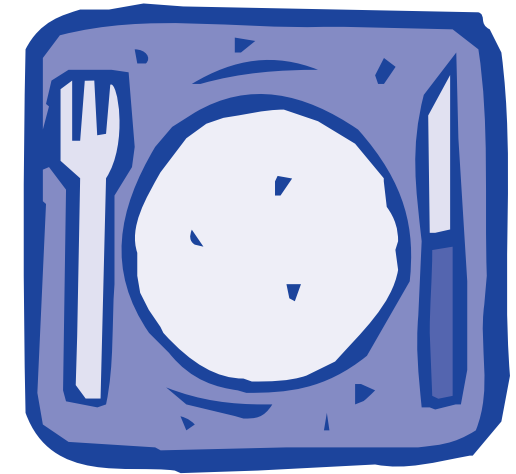
*Recipe included in recipe booklet.

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QUICK AND EASY MEALS FOR LESS!

Two Week Meal Plan



Nutrition Connections is a free program conducted by the University of New Hampshire Cooperative Extension. Nutrition Connections can help you feed your family better and stretch your food dollars.

A Nutrition Connections Associate can meet with you about once a week on a one-to-one or small group basis. Through a series of lessons planned to meet your needs, you can learn more about:

- Stretching your food dollars by improving your shopping and meal planning skills.
- Nutrition information to help you know what your family needs for good health.
- Improving food storage, food safety, and sanitation practices.

For more information and a recipe packet, call our toll-free number.
1-800-FOOD-LINE
(1-800-366-3546)

Nutrition Connections
A Link to Food, Fitness, and
Financial Health

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact
1-800-852-3345 x4238

Thrifty Meals for Four

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Juice	Orange Juice	Orange Juice	Apple Juice	Orange Juice	Orange Juice	Orange Juice
	Pancakes	Oatmeal	Toasted Oat Cereal	French Toast* Syrup	Peanut Butter	Make Ahead Banana Muffins*	Scrambled Eggs*
	Syrup	Banana	Banana	Milk	English Muffins	Milk	Toast
	Milk	Toast Peanut Butter Milk	Toast Milk		Milk		Jelly Milk
Lunch	Open Faced Ham, Cheese & Tomato Sandwich*	Tuna Salad Sandwich*	Leftover Beef Stew	Chicken Sandwich w/ Lettuce & Tomato	Leftover Lasagna	Delicious Bean Soup*	Leftover Vegetarian Chili
	Garden Salad	Carrot Sticks	Snappy Coleslaw*	Pretzels	Garlic Bread*	Bread	Carrot & Celery Sticks
	Easy Fruit Salad*	Pretzels	Biscuit	Banana	Garden Salad*	Carrot Sticks	Taco Chips
		Apple			Applesauce	Brownie	Applesauce
Dinner	Broiled Steak	Old Fashioned Beef Stew*	Sunday Best Roasted Chicken*	Quick Lasagna*	Corn Chowder*	Vegetarian Chili*	Chicken Stir Fry*
	Baked Potato	Snappy Coleslaw*	Baked Sweet Potato	Broccoli	3 Bean Salad*	Carrot & Celery Sticks	Rice
	Broccoli	Biscuit	Green Beans	Garden Salad*	Crackers	Taco Chips	Easy Fruit Salad*
	Bread	Graham Crackers	Bread	Garlic Bread*	Chocolate Pudding	Brownie	Milk
	Milk	Milk	Apple Crisp*	Juice Pops*	Milk	Milk	
	Fat-Free Fruited Yogurt		Milk	Milk			
Snack	Graham Crackers	Banana	Peanut Butter & Crackers	Crunchy Cereal Snack Mix*	Popcorn	Pretzels	Crunchy Cereal Snack Mix*

* Recipe included in recipe booklet.

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