

January Meal-a-Month Menu

Spaghetti and meatballs
Green beans, pears,
Lime Jell-O

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

February Meal-a-Month Menu

Chicken Noodle Soup
Peanut Butter, Soda Crackers
Applesauce

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

March Meal-a-Month Menu

Beef Ravioli, Peas
Peaches, Pudding Mix

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

April Meal-a-Month Menu

Corned Beef, Carrots,
Peaches, Baked Beans

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

May Meal-a-Month Menu

Chicken and Dumplings,
Chocolate Pudding,
Pineapple Chunks,
Green Beans

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

June Meal-a-Month Menu

Canned Tuna,
Shells and Cheese,
Strawberry Jell-O,
Green Beans

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

July Meal-a-Month Menu

Canned Spaghetti,
Peas, Peaches,
Pudding Mix

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

August Meal-a-Month Menu

Beef Stew,
Applesauce,
Vanilla Pudding Mix,
Green Beans

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

September Meal-a-Month Children's Menu

Peanut Butter, Jelly,
Children's Cereal,
Chunky Mixed Fruit

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

October Meal-a-Month Menu

Chili Con Carne
Corn, Peas,
Biscuit Mix (box or packet)

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

November Meal-a-Month Menu

Beef-a-roni,
Green Beans,
Peaches,
Corn Bread Mix

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*

December Meal-a-Month Menu

Canned Tuna,
Shells and Cheese,
Peaches,
Mixed Vegetables

*Optional: Dry Milk or Dry Cereal
Soap, Laundry, or Dish Detergent
(No baby food)*