

Tastes Better *from* SCRATCH

Monday: Wet Burrito \$9.70	<u>Produce</u> Baby Spinach or Arugula Bell Pepper (1) Cherry Tomatoes Asparagus (1 bunch) Garlic (2 cloves) Garlic (1 ½ tbs.) Ginger Root (1 Tbs.) Green Onion (1 bunch) Onion (1/2 cup) Purple Onion (1) Zucchini (1)	<u>Bread/Grains</u> Flour Tortilla (5 large) Panko Bread Crumbs (2/3 cup) Penne Pasta (12 oz.) Pizza Dough (1) Cooked Rice (4 cups)	<u>Meat</u> Chicken Breasts (1 Lb.) Cooked Shredded beef, chicken, pork or steak (3 cups) Cooked Chicken (1 cup) Hot Dogs (2) Ground beef (1 ½ Lbs.)
Tuesday: Creamy Chicken and Asparagus Pasta \$8.77			<u>Pantry Staples</u> Ketchup (1/2 cup) Brown Sugar (1/3 cup) Mustard (1 Tbs.) Olive Oil Soy Sauce (2 Tbs.)
Wednesday: Veggie Pizza \$14.94	<u>Spices</u> Chili Powder Crushed Red Pepper Flake Basil Oregano Salt & Pepper Garlic Powder Nutmeg Onion Powder	<u>Other</u> BBQ Sauce (1 Tbs.) Dijon Mustard (2 tsp.) Mexican Rice (1 ½ cups) Optional fillings for burritos Optional Toppings for burritos Optional Toppings for pizza Sesame Oil (2 Tbs.)	
Thursday: Mini Meatloaf \$9.62			Weekly Total: \$48.30
Friday: Arroz Chaufa \$5.27			