

7 DAY BACK TO SCHOOL MEAL PLAN

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|---|--|---|---|--|---|
| Easy Rotini Pasta Green Salad Garlic Bread | Easy Cheesy Chicken & Mushroom Casserole Green Salad | Chili Cheese Baked Potatoes Green Salad | Steak Fajitas Not So Fried Ice Cream | Easy BBQ Chicken Sandwiches Brownie Ice Cream Sandwiches | Puff Pastry Pizza Goldfish Cracker Crusted Cheese Balls | Chicken Salad Strawberry Chiffon Pie |

SHOPPING LIST*

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| <ul style="list-style-type: none"> • Prego Sauce • Rotini Pasta • 1 lb ground beef • 1 onion • 1 can black olives • Grated Parmesan Cheese • Green Salad • Garlic Bread | <ul style="list-style-type: none"> • 1 can Swanson Chicken Breast • 1 can Campbell's Cream of Mushroom Soup • 1 pkg Pepperidge-Farm Goldfish Crackers • 1 pkg Egg Noodles • Milk • Cheddar Cheese • Frozen Peas • 2 cans sliced Mushrooms • Green Salad | <ul style="list-style-type: none"> • Campbell's Chili Beef & Bean Roadhouse • Large Baking Potatoes • Onion • Cheddar Cheese • Green Salad | <ul style="list-style-type: none"> • 2 lbs Flap Steak • 1 Yellow Bell Pepper • 1 Orange Bell Pepper • 2 Red Bell Peppers • 2 Onions • Cumin • Ice Cream • Corn Flakes • Shredded Coconut | <ul style="list-style-type: none"> • 2 cans Swanson Chicken Breast • Hamburger Buns • BBQ Sauce • Brownie Mix • Eggs • Ice Cream | <ul style="list-style-type: none"> • Pepperidge Farm Puff Pastry • Prego • Mozzarella Cheese • Sliced Pepperoni • Grated Parmesan Cheese • Pepperidge Farm Goldfish Crackers • Cream Cheese • Cheddar Cheese • Minced Onion • Butter | <ul style="list-style-type: none"> • 2 cans Swanson Chicken Breast • Mayo • Relish • Onion • Celery • Lettuce • Graham Cracker Pie Crust • Strawberry Flavored Gelatin • Lemon Juice • Whipped Cream • Evaporated Milk |
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*Basic Spices & Kitchen staples omitted

See Full Meal Plan at Michelle's Party Plan-It