



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Turkey Tacos Mexican Street Corn 	2 Corn Dog Bites French Fries Peas and Carrots	3 Buffalo Chicken Strips Sweet Potato Fries
4 Beer Butt Chicken Baked Potatoes Peas	5 London Broil Grilled Zucchini	6 Leftovers 	7 Chicken Pot Pie Pasta	8 Sloppy Joes Corn	9 Nacho Bar	10 Spaghetti Salad 
11 Chicken and Rice Casserole Broccoli	12 Leftovers 	13 Homemade Ramen	14 Beef Stroganoff Peas	15 Breakfast For Dinner	16 English Muffin Pizzas Salad 	17 Chicken Alfredo with Peas
18 CrockPot BBQ Chicken Sandwich Corn	19 Baked Macaroni and Cheese Broccoli	20 BBQ Chicken Quesadilla Mixed Veggies 	21 Leftovers	22 Pasta with Bacon and Peas	23 Meatloaf French Fries Mixed Veggies	24 Pierogies Peas
25 Chicken Nuggets Sweet Potato Fries Corn	26 Pizza Pasta Bake Salad	27 Leftovers 	28 CrockPot Beef and Broccoli Rice	29 Chicken Cutlets Pasta with Butter & Cheese Peas	30 Egg Fried Rice	

september 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
romaine lettuce	1 pkg taco shells	2, 32 oz shredded cheddar	1 lb ground turkey
3 lbs roma tomatoes	hot sauce	1, 16 oz shredded mexican blend	hot dogs
5 lbs onions	1, 15 oz cream of chicken	1, 32 oz shredded mozzarella	8 lbs chicken breast
4 heads garlic	BBQ sauce	1, 16 oz velveeta	1, 3-4 lb whole chicken
3 jalapeno	1, 15 oz tomato sauce	milk	2, 16 oz bacon
6 lbs sweet potatoes	2 pkg hamburger buns	1, 8 oz sour cream	pepperoni
4 lbs potatoes	tortilla chips	1, 8 oz cream cheese	1, 3-4 lb london broil
5 zucchinis	spaghetti	1, 18 ct eggs	3 lbs ground beef
1 pkg basil	2, 28 oz crushed tomatoes	1 pt half and half	
3 bags salad	2, 28 oz tomato sauce	parmesan cheese	
2 bunches green onions	2, 28 oz tomato puree	1, 16 oz ricotta cheese	Deli
3 broccoli crowns	ramen noodles	queso fresco	1/4 lb american cheese
	2, 32 oz chicken stock		
	1, 32 oz beef stock		
	1, 15 oz cream of mushroom		
	3, 16 oz boxes pasta		
	1 pkg flour tortillas (burrito size)		
	english muffins		Bulk & Frozen
	fettuccine		pierogies
			2, 10 oz peas and carrots
			3, 32 oz corn
			3, 32 oz peas
			1, 32 oz mixed veggies
			1, 32 oz broccoli
			2 lbs rice
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		