

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SPAGHETTI & MEATBALLS CAESAR SALAD	2 BBQ CHICKEN BAKED POTATOES CORN ON THE COB	3 SLOPPY JOES SWEET POTATO FRIES GREEN BEANS	4 LEFTOVER NIGHT	5 CHEESE PIZZA	6 SHEET TRAY PHILLY CHEESESTEAKS SALAD	7 SHEET TRAY CHICKEN FAJITAS REFRIED BEANS
8 MEATBALL SUB SLIDERS SALAD	9 PEANUT NOODLES	10 BEAN BURRITOS SALSA & CHIPS	11 LEFTOVER NIGHT	12 SESAME CHICKEN & RICE BROCCOLI	13 FISH & CHIPS	14 PORK SCHNITZEL SWEET POTATOES GREEN BEANS
15 BBQ MEATLOAF MASHED POTATOES CARROTS	16 TORTELLINI WITH PESTO CAESAR SALAD	17 BURRITO BOWLS	18 LEFTOVER NIGHT	19 CHEESEBURGER TATERTOT CASSEROLE CORN	20 STEAK STIR FRY	21 BUFFALO CHICKEN TENDERS FRENCH FRIES CARROTS & RANCH
22 HERB & GARLIC ROASTED CHICKEN ROASTED POTATOES GREEN BEANS	23 CUBAN SANDWICH SALAD	24 HONEY MUSTARD CHICKEN, BACON & AVOCADO SALAD	25 LEFTOVER NIGHT	26 BREAKFAST FOR DINNER	27 POTSTICKERS EDAMAME	28 CHICKEN CACCIATORE PENNE
29 BAKED ZITI CAESAR SALAD	30 FIRECRACKER CHICKEN RICE BROCCOLI					

# BULK GROCERY LIST

## DINNER

Use this grocery list to shop for ingredients in bulk. This grocery list has every ingredient you need to make Dinner for September.

Produce	Dairy	Meat & Poultry	Grocery
6 heads garlic	1/4 lb parmesan cheese	5 lbs ground beef	4, 28 oz crushed tomatoes
1, 2.5 oz pkg basil	3 dozen eggs	19 boneless chicken thighs	1, 28 oz tomato puree
6 heads romaine lettuce	1, 16 oz sour cream	9 boneless chicken breasts	3, 28 oz tomato sauce
16 large russet potatoes	2, 16 oz mozzarella	1, 3 lb flank steak	2 bags croutons
1 red onion	3, 16 oz cheddar cheese	6-8 thin pork chops	1, 16 oz spaghetti
4 bunches green onions	1, 24 oz tortellini	4 thin sirloin steaks	dill pickles
4 ears corn on the cob	1/2 gallon milk	1, 5-6 lb whole chicken	5, 32 oz chicken stock
2 pt cherry tomatoes	1, 12 oz pesto	1, 2 lb pork loin	1, 10.5 oz tomato soup
12 large sweet onions	1 pkg goya wrappers	19 bone-in chicken thighs	2, 32 oz beef stock
12 large sweet potatoes		1, 16 oz bacon	3, 8 ct flour tortillas
2 cucumbers		1 lb ground pork	3, 15 oz diced tomatoes
4 green bell peppers		1 lb breakfast sausage	1, 16 oz udon noodles
1 red bell pepper		<b>Seafood</b>	2, 16 oz rice
2, 8 oz mushrooms		6-8, 5 oz cod filets	2 bags tortilla chips
4 bunches cilantro			1, 20 oz gingerale
6 limes	<b>Deli</b>	<b>Frozen</b>	1, 12 oz panko breadcrumbs
3 jalapeños	pizza dough	4, 16 oz green beans	1, 12 oz breadcrumbs
1 lb carrots	1/2 l b white american cheese	1, 16 oz corn	1, 15 oz black beans
2 broccoli crowns	1/4 lb ham	1, 32 oz tatertots	1, 16 oz penne
3 lbs apples	1/4 lb swiss cheese	1, 16 oz edamame	1, 16 oz elbow macaroni
1 lemon		1, 16 oz broccoli	1 family size tomato soup
1, 32 oz baby carrots			1 loaf bread
3 large avocados	<b>Bakery</b>	<b>Condiments &amp; Sauces</b>	1 pkg taco shells
3 large tomatoes	4 rolls	caesar salad dressing	2, 48 oz canola oil
1 bunch asparagus	1 loaf French bread	2, 24 oz bbq sauce	2, 8 ct hamburger buns
1, 8 oz snap peas	1, 8 ct slider buns	ranch salad dressing	
2 zucchini	<b>Bulk</b>	1, 12 oz franks red hot sauce	
1 pkg poultry herb blend	1 lb pinto beans	1, 12 oz pizza sauce	
4 bunches parsley			
1 head cabbage			