

# Week 2 Menu & Shopping Guide

Tacos/Tostadas

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Breakfast for Supper

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Chicken & Dumplings,  
Green Beans, Cream  
Cheese Chili Corn

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Orange Chicken & Fried  
Rice

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Cheeseburgers (french  
fries or chips)

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Hamburger Steak, Brown  
Gravy & Rice, Broccoli &  
Cheese, Fried Squash

## MEATS:

Large Pack of Chicken  
Breast  
3-4 pounds of  
Hamburger meat  
Bacon  
Breakfast Sausage

## FRESH PRODUCE:

Zucchini  
Yellow Squash  
Tomatoes  
Lettuce  
Minced garlic (I like to buy  
it by the big jar)  
Ginger  
Potatoes

## BREADS:

Tortillas, Taco Shells,  
Tostada Shells  
Hamburger Buns

## DAIRY:

Heavy whipping cream  
Cream cheese  
Sour Cream  
Sliced Cheese  
Shredded Cheese  
Butter  
Eggs  
Biscuits (or make your  
own from scratch)  
Orange Juice

## FROZEN & REFRIGERATED

French Fries  
Broccoli Florets

## CANNED/PACKAGED:

Taco seasoning  
Beef Broth  
GOYA ham seasoning (for  
beans and peas)  
Sweet Whole Kernel Corn  
Green Chilis  
Green Beans  
Refried Beans  
Rice  
Soy Sauce  
Sesame Oil  
Teriyaki Sauce  
Picante Sauce  
Cream of Chicken  
Soup  
Velveeta cheese  
Chips

## NOTES:

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