

## Southern Savers \$65/Week Meal Plan

	Breakfast	Lunch	Dinner
Monday	Scrambled eggs, toast	Turkey and cheese sandwiches, raw veggies and salad dressing	Meatballs, spaghetti, pasta with sauce, broccoli
Tuesday	Oatmeal, fruit	Egg salad sandwiches, raw veggies and salad dressing	Sausage egg bake, pancakes, fruit
Wednesday	Scrambled eggs, toast	Macaroni and cheese, peas	Hot dogs, frozen french fries, vegetable
Thursday	<i>Leftover breakfast casserole</i>	Meatball subs, raw veggies and salad dressing	Chili, cornbread
Friday	Oatmeal, fruit	<i>Leftover chili</i>	Beans and rice, vegetable
Saturday	Scrambled eggs, toast	<i>Leftover beans and rice</i>	Grilled cheese, tomato soup
Sunday	Oatmeal, fruit	Eat up leftovers!	English muffin pizzas, vegetable