

Shared from Carla Due, County Extension Agent-Staff Chair/Family & Consumer Science, Miller County
 Originally created by Cheryl Maxwell, Retired CEA-FCS, Hot Spring County AR

One Week Meal Planner (This week is planned for approximately 2000 calories a day)

	Breakfast	Lunch	Dinner	Snack
Sunday	Hot/Dry Cereal Canned Peaches Canned Milk Fruit Juice	Tomato Soup (made with milk)/Crackers Applesauce/Cookies Beverage*	Canned Chili/Crackers Green Beans/oil & vinegar Canned Mandarin Oranges Beverage*	Graham Crackers Peanut Butter
Monday	Cereal (hot/cold) Asst' Canned Fruit Fruit Juice Canned Milk	Peanut Butter and Jelly on Crackers Fruit Cocktail/Cookies Beverage*	Southwestern Bean Salad** Tortilla Chips or Tortillas Canned Peaches Beverage*	Sardines with Catsup or Mustard Crackers
Tuesday	Hot / Dry Cereal Canned Apricots Fruit Juice Canned Milk	Any Flavor Ramen Noodles Canned Pineapple Cookies Beverage*	Tuna / Chicken Salad (Mayo & Relish) on Melba Toast Fruit Cocktail Beverage*	Trail Mix - raisins, M & M's, pretzels and peanuts
Wednesday	Hot cereal Canned Apples Fruit Juice Canned Milk	Peanut Butter and Jelly on Crackers Canned Pears / Cookies Beverage*	Spam /Crackers Canned Sweet Potatoes A'sst Canned Vegetables Beverage*	Pudding
Thursday	Hot / Dry Cereal Raisins Canned Milk Fruit Juice	Vegetable Soup / Crackers Canned Peaches / Cookies Beverage*	Canned Ravioli Canned Peas Apple Sauce /Graham Crackers Beverage*	Pretzels Tomato Juice

Friday	Hot/Dry Cereal Canned Peaches Fruit Juice Canned Milk	Any Flavor Ramen Noodles Canned Mandarin Oranges Cookies Beverage*	Pork and Beans/Vienne Sausage Canned Pineapple Canned Carrots/oil & vinegar Beverage*	Trail Mix - raisins, M & M's pretzels and peanuts
Saturday	Hot Cereal Fruit Cocktail Fruit Juice Milk	Beef Stew/Crackers Apple Sauce/Graham Crackers Beverage*	Canned Chili Crackers Canned Peaches Beverage*	Pudding

*Juice, Water, Coffee, Tea, Canned Milk or Reconstituted Non-fat Dry Milk, Hot Chocolate (mix made with non fat dry milk)

**1 can black beans mixed with 1 can of corn and 1 cup salsa or 1 can chopped tomatoes with chilies.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status or any other legally protected status and is an Affirmative Action/ Equal Opportunity Employer.