



**GFCFSF DIET SAMPLE FOODSTAMP MONTHLY MENU COST**

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Please remember that this menu feeds **FOUR** people for each meal

Sunday	meal cost	food counts	Monday	meal cost	food counts	Tuesday	meal cost	food counts	Wednesday	meal cost	food counts	Thursday	meal cost	food counts	Friday	meal cost	food counts	Saturday	meal cost	food counts
4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat:0 veg/fruit:1 starch: 2	2 cups Fried amarillos with 8T peanut butter	\$1.34	meat:1 veg/fruit: 1 starch: 0	1 cup Cream of Rice cereal, 4 tsp sugar, 24 oz Orange Juice	\$2.48	meat: 0 veg/fruit: 1 starch: 2	8 eggs, 4 potatoes, 24 oz orange juice	\$2.38	meat: 2 veg/fruit: 1 starch: 1	4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat: 0 veg/fruit:1 starch: 1	pancakes, syrup	\$5.66	meat:.5 veg/fruit:0 starch: 2	<a href="#">Grits with spinach and bacon</a>	\$2.42	meat: 1 veg/fruit: .5 starch: 2
4 hot dogs with 16oz baked beans, 2 cups carrots	\$3.74	meat:3 veg/fruit:1 starch: 1	1lb lunchmeat, 4 apples, 4 oz chips	\$5.74	meat:4 veg/fruit: 1 starch: 1	Leftover - 16 oz chicken nuggets, carrot sticks, apple	\$3.98	meat: 4 veg/fruit: 2 starch: 0	leftover meat and bean Chili, cornbread muffins	\$3.39	meat: 3 veg/fruit: 1 starch: 1	peanut butter and jelly sandwiches, can peaches	\$4.46	meat: 1 veg/fruit:1 starch: 2	leftover roast chicken, celery sticks with peanut butter, chips	\$3.25	meat: 4 veg/fruit: 1 starch: 1	<a href="#">Ratatouille</a>	\$4.74	meat: 0 veg/fruit: 4 starch: 0
Meat and Bean Chili, cornbread muffins	\$3.39	meat:3 veg/fruit: 1 starch: 1	16 oz chicken nuggets, broccoli, mashed potatoes	\$4.74	meat:4 veg/fruit: 1 starch: 1	pork chops, rice, black beans, spinach	\$4.01	meat: 5 veg/fruit: 1 starch: 2	Burger patties, green beans, cinnamon apples	\$3.75	meat: 4 veg/fruit: 2 starch: 0	Roasted Chicken, sliced baked potatoes, peas	\$3.96	meat: 4 veg/fruit:1 starch: 1	<a href="#">Ratatouille</a>	\$4.74	meat:0 veg/fruit: 6 starch: 0	roast pork, fries, peas	\$4.49	meat: 4 veg/fruit: 1 starch: 1
8 eggs, 4 potatoes, 24 oz Orange juice.	\$2.38	meat: 8 veg/fruit: 4 starch: 4	8 eggs, 8 bacon, 4 potatoes	\$3.05	meat: 4 veg/fruit: 0 starch: 1	4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat: 0 veg/fruit: 1 starch: 1	2 cups Fried amarillos with 8T peanut butter	\$1.34	meat: 1 veg/fruit: 1 starch: 1	1 cup Cream of Rice cereal, 4 tsp sugar, 24 oz Orange Juice	\$2.48	meat:0 veg/fruit: 1 starch: 2	4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat: 0 veg/fruit:1 starch: 1	<a href="#">bacon potatoes, oranges</a>	\$2.33	meat: 1 veg/fruit: 1 starch: 1
beef and rice stuffed peppers/tomatoes	\$2.96	meat: 2 veg/fruit:2 starch: 2	Leftover Navy bean soup with ham, cornbread muffins	\$2.21	meat: 2 veg/fruit: 1 starch: 1	1lb lunchmeat, 16oz can peaches, 4 oz chips	\$5.74	meat:4 veg/fruit:1 starch: 1	Leftover meatloaf with bacon, mashed potatoes, peas	\$2.74	meat:2.5 veg/fruit: 1 starch: 1	Leftover Navy bean soup with ham, cornbread muffins	\$2.21	meat: veg/fruit: starch: 2	peanut butter and jelly sandwiches, can peaches	\$4.46	meat:1 veg/fruit: 1 starch: 2	<a href="#">Black Bean Chili, cornbread muffins</a>	\$1.65	meat: 2 veg/fruit: 0 starch: 1
Navy bean soup with ham, cornbread muffins	\$2.21	meat:2 veg/fruit: 1 starch: 1	Pasta with marinara, salad w dressing	\$7.36	meat: 0 veg/fruit: 2 starch: 2	Meatloaf with bacon, mashed potatoes, peas	\$2.74	meat: 2.5 veg/fruit:1 starch: 1	Black Bean Chili, cornbread muffins	\$1.93	meat:2 veg/fruit: 1 starch: 1	sausage with onions, tomatoes and peppers over rice	\$5.57	meat: 4 veg/fruit:1 starch: 2	<a href="#">Bean Tacos</a>	\$2.46	meat:2 veg/fruit: 2 starch: 2	<a href="#">Shepards pie</a>	\$2.37	meat: 2 veg/fruit: 2 starch: 1
french toast, syrup, orange	\$4.36	meat: 1 veg/fruit:1 starch: 2	2 cups Fried amarillos with 8T peanut butter	\$1.34	meat:1 veg/fruit: 1 starch: 0	1 cup Cream of Rice cereal, 4 tsp sugar, 24 oz Orange Juice	\$2.48	meat: 0 veg/fruit: 1 starch: 2	8 eggs, 4 potatoes, 24 oz orange juice	\$2.38	meat:2 veg/fruit: 1 starch: 1	4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat: 0 veg/fruit: 1 starch: 1	8 scrambled eggs, 8 slices bacon, 4 med banana	\$3.05	meat:8 veg/fruit: 1 starch: 0	<a href="#">Grits with spinach and bacon</a>	\$2.42	meat: 1 veg/fruit:1.5 starch: 2
hot dogs with baked beans, peaches	\$3.74	meat: 2 veg/fruit:1 starch: 0	1lb lunchmeat, 4 apples, 4 oz chips	\$5.74	meat:4 veg/fruit: 1 starch: 1	Chicken Vegetable soup, muffins	\$3.48	meat: 3 veg/fruit: 2 starch: 1	peanut butter and jelly sandwiches, can pears	\$4.46	meat:1 veg/fruit: 1 starch: 2	pork fried rice	\$2.03	meat: 1 veg/fruit: 1 starch: 2	Leftover roast chicken, apple, carrot sticks	\$3.05	meat: 3 veg/fruit: 1 starch: 1	<a href="#">Ratatouille</a>	\$4.74	meat: 0 veg/fruit:4 starch: 0
Chicken Vegetable soup, muffins	\$3.48	meat: 3 veg/fruit: 2 starch: 1	pork chops, rice, black beans, spinach	\$4.01	meat: veg/fruit: starch:	Roasted Chicken, baked potatoes, green beans	\$4.68	meat: 4 veg/fruit: 1 starch: 1	burger patty, fries, salad	\$5.09	meat: 4 veg/fruit:1 starch: 1	<a href="#">Ratatouille</a>	\$4.74	meat:0 veg/fruit:3 starch: 0	<a href="#">Bean Tacos</a>	\$2.46	meat: 2 veg/fruit: 2 starch: 2	Roasted turkey, mashed potatoes, broccoli	\$5.59	meat: 4 veg/fruit: 1 starch: 1
hominny and ham slices	\$2.71	meat: 2 veg/fruit:1 starch:0	8 eggs, 4 potatoes, 24 oz orange juice	\$2.38	meat: 2 veg/fruit: 1 starch: 1	4 cups Rice Chex, 2 cup milk sub, 24 oz Orange Juice	\$2.36	meat: 0 veg/fruit: 1 starch: 1	8 eggs, 8 slices bacon, 4 med banana	\$3.05	meat: 4 veg/fruit:1 starch: 0	2 cups Fried amarillos with 8T peanut butter	\$1.34	meat: 1 veg/fruit: 1 starch: 0	1 cup Cream of Rice cereal, 4 tsp sugar, 24 oz Orange Juice	\$2.48	meat: 0 veg/fruit: 1 starch: 2	<a href="#">bacon potatoes, banana</a>	\$2.33	meat: 1 veg/fruit: 1 starch: 1
hot dogs, chips, orange	\$3.74	meat:3 veg/fruit:1 starch: 1	pork fried rice	\$2.03	meat:1 veg/fruit:1 starch: 2	Turkey Rice Soup, muffins	\$3.04	meat: 2 veg/fruit: 2 starch: 1	peanut butter and jelly sandwiches, orange	\$4.46	meat: 1 veg/fruit: 1 starch: 1	Leftover turkey, canned pears, chips	\$3.80	meat: 3 veg/fruit:1 starch: 1	leftover black bean chili with cornbread muffins	\$1.93	meat: 2 veg/fruit: 0 starch: 1	roasted pork loin, rice, black beans, spinach	\$4.01	meat: 4 veg/fruit: 1 starch: 2
Turkey Rice Soup, muffins	\$3.04	meat: 2 veg/fruit:2 starch: 1	Bean tacos	\$2.46	meat:2 veg/fruit: 2 starch: 2	burger patties, fries, green beans	\$2.80	meat: 4 veg/fruit: 1 starch: 1	Spaghetti, salad	\$7.36	meat: 0 veg/fruit: 2 starch: 2	meat stuffed zucchini with tomato sauce	\$3.72	meat: 4 veg/fruit:2 starch: 0	roasted pork loin, rice, peas	\$4.66	meat: 4 veg/fruit:1 starch: 2	<a href="#">Shepards pie</a>	\$2.37	meat:2 veg/fruit:2 starch: 1
TOTAL																				
\$38.11		\$42.40		\$40.15		\$42.33		\$39.03		\$40.56		\$39.46		\$282.05						