

## MENUS FOR THRIFTY PLAN FOR ONE WEEK

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Saturday	Cereal with Sliced Bananas Coffee Cake Coffee ~ Milk	Grilled Cheese Sandwiches Celery Sticks Applesauce Cookies	Spaghetti Green Salad Rolls Cake
Sunday	Juice French Toast Syrup	Peanut Butter Sandwiches Celery Sticks Cake	Hamburger Gravy Mashed Potatoes Steamed Carrots Bread Ice Milk ~ Cookies
Monday	Cereal ~ Milk Toast ~ Peanut Butter	Tomato Soup Egg Sandwiches Cookies	Turkey Ham Scalloped Potatoes Spinach ~ Cole Slaw Bread Cake with Ice Milk
Tuesday	Juice Cereal ~ Milk Sweet Rolls	Potato Soup Bologna Sandwiches Carrot Sticks	Macaroni and Cheese Hash Brown Potatoes Cole Slaw Bread Pumpkin Pie
Wednesday	Juice Cereal ~ Milk Coffee Cake	Spaghetti with Meat and Tomato Sauce Celery Sticks Bread Plums	Baked Beans and Hot Dogs Potatoes ~ Carrots Cornbread Chocolate Pudding
Thursday	Juice Cereal ~ Milk Toasted Cornbread	Potato Soup Bologna Sandwiches Celery Sticks Cookies	Meatballs Potatoes ~ Corn Bread Fruit Cup ~ Cookies
Friday	Tomato Juice Cereal ~ Milk Toast ~ Jam	Grilled Cheese Sandwiches Fried Potatoes Cookies	Tuna-Noodle Casserole Peas ~ Celery Sticks Hot Biscuits Baked Custard