

# Family Friendly Week

# MEAL PLANNING

with Crider Foods

## Produce

- 2 onions
- 1 bell pepper
- 2 cloves garlic
- Fresh parsley (optional garnish)
- Green onions (optional garnish)

## Dairy

- Shredded cheddar cheese
- Shredded Mexican cheese
- Mozzarella cheese
- Milk
- Butter
- Sour cream

## Bakery/Bread

- Tortillas
- Garlic bread or dinner rolls (optional side)

## Canned & Shelf-Stable

- Canned Chunk Chicken in Water
- Canned Turkey
- Canned Ham
- Diced tomatoes
- Enchilada sauce
- Buffalo sauce
- Pasta or macaroni noodles
- Cream of chicken soup
- Breadcrumbs or crushed crackers

## Refrigerated

- Refrigerated biscuit dough
- Refrigerated pie crusts

## Frozen

- Frozen mixed vegetables
- Frozen corn (optional side)

## Pantry & Dry Goods

- Olive oil
- Flour
- Salt & pepper
- Garlic powder
- Onion powder
- Chili powder
- Taco seasoning

## Optional Sides & Extras

- Side salad ingredients
- Tortilla chips & salsa
- Steamed vegetables
- Ranch or blue cheese dressing



**Monday**

**Chicken Pot Pie**

[Click for recipe](#)



**Tuesday**

**Ham & Cheese Casserole**

[Click for recipe](#)



**Wednesday**

**Turkey Spiral Casserole**

[Click for recipe](#)



**Thursday**

**Chicken Enchilada**

[Click for recipe](#)



**Friday**

**Buffalo Macaroni & Cheese**

[Click for recipe](#)

*\*List based on a family of four.*