

# PERPETUAL MEAL PLAN - WINTER 2024

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
<b>S</b>	Eggs, Hash browns, Sausage or Bacon, English Muffins	<b>FREE CHOICE</b>	<b>1</b>	Chicken & Dumplings or Chicken Pot Pie Salad or Green Veggies, Fruit <b>JAN 1<sup>st</sup> -see New Year's Meal Notes</b>
<b>M</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	<b>2</b>	Creamy Cabbage & Sausage Lentils, Greens Cauliflower <i>Chocolate Pudding</i> <b>FEB 2<sup>nd</sup> - see Groundhog Day's Meal Notes</b>
<b>T</b>	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	<b>3</b>	Hubby Lovin' Chicken Green Beans or Salad Baked Potato <b>FEB 3<sup>rd</sup> - NATIONAL CARROT CAKE DAY</b>
<b>W</b>	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	<b>4</b>	Spaghetti or Lasagna Salad or Veggies Garlic Bread <i>Angel Food Cake w/Fruit</i> <b>DEC 4<sup>th</sup> - NATIONAL COOKIE DAY</b> <b>JAN 4<sup>th</sup> - NATIONAL SPAGHETTI DAY</b>
<b>TH</b>	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	<b>5</b>	Smoked or Grilled Meat Baked Beans, Potato Salad Green Veggies <i>Fruit Cobbler, Ice cream</i> <b>FEB 5<sup>th</sup> - WORLD NUTELLA DAY</b>
<b>F</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	<b>6</b>	Chicken Stir Fry, Fried Rice, Egg Rolls, Yum-Yum Sauce, Fried Squash <b>DEC. 6<sup>th</sup> - ST. NICHOLAS DAY</b> <i>Santa Pancakes</i> <b>FEB 6<sup>th</sup> - NATIONAL CHOPSTICKS DAY</b>
<b>S</b>	Biscuits 'n Gravy Sausage Eggs	<b>LEFTOVERS or FREE CHOICE</b>	<b>7</b>	Tacos or Nachos Rice & Beans Veggies for toppings, Guacamole <i>Sopapillas</i> <b>FEB 7<sup>th</sup> - NAT. FETTUCINE ALFREDO DAY</b>

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<b>S</b>	Waffles w/syrup Eggs Bacon or Sausage	FREE CHOICE	<b>8</b>	Chicken Casserole Green Beans or Salad Sweet Potatoes <b>DEC 8<sup>th</sup> - NATIONAL BROWNIE DAY</b>
<b>M</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	<b>9</b>	Pizza Night or Taco Ring Salad <i>Banana Split Dessert</i> <b>FEB 9<sup>th</sup> - NATIONAL PIZZA DAY</b>
<b>T</b>	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	<b>10</b>	BLTs or Sandwiches Veggie Tray, Pickles <i>Peanut Butter Cake</i>
<b>W</b>	Muffins, Bagels or Toast w/ Eggs & Grits	Leftovers Pudding or Applesauce	<b>11</b>	Sweet Pork or BBQ Ribs, Slaw, Cheesy Potatoes <i>Fried Apple Pies</i>
<b>TH</b>	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	<b>12</b>	Shepherd's Pie or Pork Chops & Rice Fried Cabbage Beer Bread <i>Fried Apples or Apple Crisp</i> <b>DEC 12<sup>th</sup> -GINGERBREAD HOUSE DAY</b>
<b>F</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	<b>13</b>	Salmon Patties or Chicken Patties Mashed Potatoes, Creamed Peas Pineapple Slices <b>DEC 13<sup>th</sup> - NATIONAL COCOA DAY</b>
<b>S</b>	Monkey Bread Eggs & Grits Fresh Fruit	LEFTOVERS or FREE CHOICE	<b>14</b>	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE <b>DEC 14<sup>th</sup> - MONKEY DAY</b> <i>Coconut Cake</i>

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<b>S</b>	Dutch Puff w/syrup Fresh Fruit Yogurt	FREE CHOICE	<b>15</b>	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE DEC 15 <sup>TH</sup> - NATIONAL CUPCAKE DAY JAN 15 <sup>th</sup> - NATIONAL BAGEL DAY
<b>M</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	<b>16</b>	Fried Chicken or Fried Pork Chops Potato Salad, Baked Beans Macaroni & Cheese DEC 16 <sup>TH</sup> - NATIONAL CHOCOLATE COVERED ANYTHING DAY
<b>T</b>	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	<b>17</b>	Roast Quail or Baked Chicken Brussel Sprouts, Salad, Sweet Potato Croquettes, Tomatoes w/rice DEC 17 <sup>TH</sup> - NATIONAL MAPLE SYRUP DAY
<b>W</b>	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	<b>18</b>	Roast Pork Loin Mashed Turnips, Steamed Broccoli Black Eyed Peas, Cornbread JAN 18 <sup>th</sup> - WINNIE THE POOH DAY (Honey Bun Cake)
<b>TH</b>	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	<b>19</b>	Potato, Tortellini, or Lentil Soup Grilled Cheese Crackers or Bread <i>Banana Pudding</i> Jan 19 <sup>th</sup> - NATIONAL POPCORN DAY
<b>F</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	<b>20</b>	BLTs or Sandwiches Veggie Tray, Pickles <i>Cookies</i>
<b>S</b>	Danish or Donuts Fresh Fruit or Yogurt	LEFTOVERS or FREE CHOICE	<b>21</b>	Fried Seafood or Chicken Strips French Fries, Cole Slaw, Hush Puppies FEB 21* - NAT. STICKY BUN DAY

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DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
<b>S</b>	Omelets w/Fresh Veggies Toast	<b>FREE CHOICE</b>	<b>22</b>	Cowboy Grub w/Salad, Corn Chips or Chili, Rice, Cornbread DEC 22 <sup>nd</sup> - NAT. COOKIE EXCHANGE DAY JAN 22 <sup>nd</sup> - NAT. BLONDE BROWNIES DAY FEB 22 <sup>nd</sup> - NATIONAL CHILI DAY
<b>M</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	<b>23</b>	Smothered Burgers French Fries, Salad <i>Cherry Pie</i> JAN 23 <sup>rd</sup> - NATIONAL PIE DAY FEB 23 <sup>rd</sup> - NAT. BANANA BREAD DAY
<b>T</b>	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	<b>24</b>	Mississippi Pot Roast or Pulled Pork Mashed Potatoes or Rice Veggies and Fruit DEC 24 <sup>th</sup> - CHRISTMAS EVE <i>Birthday Cake for Jesus/Cookies for Santa</i>
<b>W</b>	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	<b>25</b>	Salisbury Steaks or Beef Tips Potatoes or Turnips, Fried Squash, Salad DEC 25 <sup>th</sup> - <i>see Christmas Meal Notes</i> JAN 25 <sup>th</sup> - NATIONAL OPPOSITES DAY FEB 25 <sup>th</sup> - NAT. CLAM CHOWDER DAY
<b>TH</b>	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	<b>26</b>	Skillet Chicken or Skillet Steaks Rice, Veggies, Salad <i>Congeaed Salad</i>
<b>F</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	<b>27</b>	Broiled Tilapia or Fish w/Honey Mustard Glaze Steamed Asparagus or Cauliflower Baked Sweet Potato JAN 27 <sup>th</sup> - NAT. CHOCOLATE CAKE DAY
<b>S</b>	Cinnamon Rolls Or Overnight Coffee Cake Eggs, Fruit	Free Choice or Weenie Roast, S'mores, all the fixings.... (5th Saturdays!)	<b>28</b>	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE FEB 28 <sup>th</sup> - NATIONAL PANCAKE DAY

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DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
<b>S</b>	Baked Oatmeal Fresh Fruit Yogurt	FREE CHOICE	<b>29</b>	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE
<b>M</b>	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	<b>30</b>	Meatloaf or Sweet & Sour Meatballs Potatoes or Rice, Veggies Macaroni & Cheese <i>Rice Pudding</i> DEC 30 <sup>TH</sup> - NATIONAL BACON DAY JAN 30 <sup>TH</sup> - NATIONAL CROISSANT DAY
<b>T</b>	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	<b>31</b>	Pintos or Red Beans & Rice Greens, Rice, or Fried Potatoes, Corn Bread or Biscuits JAN 31 <sup>ST</sup> - BACKWARDS DAY & NATIONAL HOT CHOCOLATE DAY Breakfast for Dinner/Hot Chocolate
<b>Dec 6</b>	<b>ST. NICHOLAS DAY FEAST</b> St. Nicolas du Pelem Pork with Mustard & Apples, Veggies, Soup, Cheese platter, Garlic Bread, Fruitcake, <i>Black Forest 'Good Works' Cake</i>		<b>Feb 2</b>	<b>GROUNDHOG'S DAY MEAL</b> 'Woodchuck Pie' ( <i>Shepherd's Pie</i> ) or 'Hogs' in a blanket Baked Beans w/'Ground Chuck' Pepper Poppers w/ Philadelphia Cream Cheese <i>Dirt Cake w/Nutter Butter Groundhogs</i>
<b>Dec 25</b>	<b>CHRISTMAS BREAKFAST</b> Cinnamon & Star Breads Pancake Board, Toppings Eggs, Sausage, Bacon Juice, Coffee		<b>Feb 14</b>	<b>VALENTINE'S DAY MEAL</b> Steak w/mushrooms Loaded Baked Potato Strawberry Spinach Salad <i>Red Velvet Cake w/Cream Cheese Icing</i>
	<b>CHRISTMAS DINNER</b> Smoked Meats, Deviled Eggs. Green Bean Casserole, Potatoes, Baked Beans, Spinach Dip, Rolls, Flavored Butters, Fudge Eggnog, Coffee, Sweet Tea		<b>Feb 15</b>	<b>MOM'S BIRTHDAY MEAL</b> Mushroom-Gorgonzola Pasta Spinach Salad Garlic Bread <i>Coconut or Carrot Cake</i>
<b>Jan 1</b>	<b>NEW YEAR'S MEAL</b> Ham or Pork Ribs Greens - Black Eyed Peas Corn Bread or Hoe Cakes <i>Pineapple Upside Down Cake</i>		<b>Feb 29</b>	<b>LEAP YEAR MEAL</b> Frog Legs or Chicken Wings Salad & 4 Cheese Macaroni 4 Cheese Jalapeno Bread <i>Toad in a Hole</i>

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## Seasonal Produce Guide

*\*\*some items may be available year-round in your area.*

	Veggies			Fruits	
<b>Winter</b>	Beets	Greens	Pumpkin	Apples	Kiwi
	Brussels	Lettuce	Rutabagas	Avocados	Lemons/Limes
	Cabbage	Onions	Turnips	Bananas	Oranges
	Carrots	Parsnips	Winter Squash	Pineapple	Pears
	Celery	Potatoes	Yams	Grapefruit	
<b>Spring</b>	Artichokes	Green Beans	Radishes	Apples	Pineapple
	Asparagus	Lettuce	Spinach	Apricots	Lemons/Limes
	Broccoli	Mushrooms	Sweet Peppers	Avocados	Rhubarb
	Cabbage	Onions	Swiss Chard	Bananas	Strawberries
	Carrots	Peas	Turnips	Kiwi	
<b>Summer</b>	Artichokes	Corn	Onions	<i>All Spring Fruits +</i>	
	Beets	Cucumbers	Peppers	Berries	Melons
	Bell Peppers	Eggplants	Summer Squash	Cherries	Peaches
	Carrots	Green Beans	Tomatoes	Dates	Plums
	Celery	Okra		Mangoes	
<b>Fall</b>	<i>Most Winter Veggies +</i>			Apples	Lemons/Limes
	Broccoli	Lettuce		Bananas	Mangoes
	Cauliflower	Mushrooms		Cranberries	Pears
	Green Beans	Peas		Grapes	Pineapple
	Kale	Spinach		Kiwi	

# PERPETUAL MEAL PLAN - WINTER 2024

## Breakfast & Free Choice Idea List

Add Ins for: Breads * Muffins * Pancakes * Cobblers	Other Breakfast Ideas	Fillings for: Sandwiches * Wraps * Burritos
Fruit Cinnamon Zucchini Oatmeal Raisin Choc Chip Pumpkin Nuts Applesauce	Shortcakes Fruit Salad Smoothies Cobblers Breakfast Cookies Rice Pudding Quiche Donuts Corned Beef Hash Bird Nests/Toad in a Hole	Veggies Egg Cheese Beans Meats
Free Choice Ideas:	NEW IDEAS TO TRY:	
Chili Dogs      Ham & Cheese Sliders Corn Dogs      Meatballs Burritos      Pigs in a blanket English Muffin      Tostadas Pizzas Hot Dogs Pizza Rolls/Pockets		

*Plan according to what fruits & veggies are available.*

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## Desserts & Snacks Idea List

Cakes		Cookies	Pies	Puddings, Gelatins, Misc.
Carrot	Cobblers/Sonkers	7 layer	Vinegar	Congeaed Salads
Angel Food	Salted Caramel	No Bake	Buttermilk	Banana Splits
Coconut	Pumpkin/ Pumpkin Roll	Oatmeal	Coconut	Cream Puffs
Funnel	Applesauce	Pizzelles	Lemon	Pig In a Poke
Earthquake	Mississippi Mud	Peanut Butter	Kool -Aid	Fruit Pizza/Crisps
Lemon	Shortcakes	Choc. Chip	Peanut Butter	Indian Pudding
Pound/Sponge	Chocolate	Whoopie Pies	Fruit	Ambrosia
Strawberry	Cheesecake	S'mores	Choc. Pecan	Dirt Cake
Hot Fudge Sundae		Brownies	Pumpkin	Rice Pudding
Pineapple Upside Down		Pumpkin	Pecan	Caramel Popcorn
Dump Cakes			Shoo Fly	Banana Split Dessert
Red Velvet			Fried	Cream Puffs
Tres Leche			Pudding	Banana Pudding
NEW DESSERTS TO TRY:			Pig Out	Chocolate Éclair
		Candies		Baked Alaska
		Oreo Balls		Ice Cream Floats
		Fudge		Puddings
		Candy Eggs		Sopapillas
				Ice Cream

*Plan according to what fruits & veggies are available.*