

June Menu

Recipe Links and Instructions for Week 5

Dinners

Sunday	<u>Iron Man Frittata (S) (I double to make two pans, sub almond milk for regular)</u>
Monday	<u>Chicken Tacos (S) (the skillet version is best)</u>
Tuesday	<u>Egg Roll in a Bowl (S)</u>
Wednesday	<u>Simple Salad Bar (S)</u>
Thursday	Breakfast for Dinner (S) (eggs, bacon, sausage, berries, and any other favorites)

Breakfasts - eggs & bacon (S), Granola (E) - THM Cookbook p.255, eggs & cheese (S)

[Peanut Butter Blizzard \(S\)](#)

[Peanut Butter Cookie Oatmeal \(E\)](#)

[Crockpot Breakfast Casserole \(S\)](#)

[Breakfast Cookies \(E\) \(I serve with fruit\)](#)

Lunches - leftovers, tomato soup (S), salad w/ boiled eggs (S), Bean Boss Soup (E) - THM Cookbook p
turkey dogs & veggies (S), brown rice w/ chicken breast (E), leftover meat w/ sliced cheese a

Snacks - boiled eggs, nuts, cheese, leftovers, fruit w/ cottage cheese, protein shake s*

(protein shake ingredients are not included on the shopping list. Please add ingredients for
yo [The menu and shopping lists for JUNE are available on workingathomeschool.com](#)