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1	ROTATION SCHEDULE	WEEKLY STAPLES	BREAKFAST ITEM	STARCH	SOUPS/ RAVIOLI	VEGGIE/ FRUIT	SNACKS	BI/WEEKLY STAPLES	MONTHLY	Snacks could be: Cake/Brownie Mixes
2	typical prep is for	16 families from Norwood So	chool/3 families wi	thin the neighk	orhood					Granola Bars
3	First of the month	1/box of pasta, 1/jar of sauce, 1/can of meat, 1 can of beans (any kind)	1/box of Cereal	1/box or bag of potato	1/can of each	1/can per bag.	1/Sealed Pkg	1/jar peanut butter, 1/jar of jelly	-	PopCorn, PopTarts Donuts, Fruit Snacks Chips, Rice Cakes Gold Fish, ETC.
5	2nd week of the month	1/box of pasta, 1/jar of sauce, 1/can of meat, 1 can of beans (any kind)	1/Pancake Mix & 1/bottle of syrup	1/box or bag of rice	1/can of each	1/can per bag.	1/Sealed Pkg	MEAL PREP taco/ sloppyjoe/ hamb helper	EXTRA ITEMS	Canned Meats Include: Tuna, Salmon, Chicken, Pork  Meal Kits:
7	3rd week of the month	1/box of pasta, 1/jar of sauce, 1/can of meat, 1 can of beans (any kind)	1/box of oatmeal	2/boxes of Mac & Cheese	1/can of each	1/can per bag.	1/Sealed Pkg	1/jar peanut butter, 1/jar of jelly	TOILETRY ITEMS	Sloppy Joe, Taco's, Velveta Skillet, Hamburger Helper
9	4th week of the month	1/box of pasta, 1/jar of sauce, 1/can of meat, 1 can of beans (any kind)	1/box of Cereal	1/box or bag of potato	1/can of each	1/can per bag.	1/Sealed Pkg	MEAL PREP taco/ sloppyjoe/ hamb helper	EXTRA SNACKS	Weird Vegetables Flour, Condiments Spam, Stuffing Small boxes of Rice Gravy. *etc.
11	5th week of the month	1/box of pasta, 1/jar of sauce, 1/can of meat, 1 can of beans (any kind)	1/Pancake Mix & 1/bottle of syrup	1/box or bag of rice	1/can of each	1/can per bag.	1/Sealed Pkg	1/jar peanut butter, 1/jar of jelly	FLOUR	*etcone's of things we wouldn't normal get to make 16 of
13										