

Ready to Homeschool — Six Month Countdown
www.hilarioushomeschooling.com

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WEEK 3: YOUR FAMILY MEAL TIME

Importance of eating together — was this your experience growing up?
(www.thefamilydinnerproject.org)

SOMEONE must take responsibility to make this happen — often the wife
(Matthew 24:45-46 and Philippians 2:3-11)

Logistics for YOUR family — which meal, what time, ground rules (changing)

Involves planning for menus, recipes, grocery lists, budgeting, special diets
AND shopping!!

Wrote my cookbook in 2004 — attempting to be more efficient:
“Supper’s On the Table, Come Home” by Rachel Masters

Teaching your kids to cook and bake — a LIFE SKILL!!

NOTE: During Week 5, we will discuss *Shepherding a Child’s Heart* by Tedd Tripp. Consider now how to locate a copy and read it before, during, or after Week 5.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Aug 29	30	31	Sept 1	2
Breakfast	Cinnamon Toast	Bacon, Fried Eggs, Toast	Cold Cereal	Bagels with Cream Cheese	Pancakes
Lunch	Chili	Corn dogs	Hamburger Helper	Cook's Choice Cook's Choice	Rotini
Afternoon snack	Smoothies or Shakes	Cheex Mix	Fruit: Apples or Kiwi	Granola Bar Granola Bar	Cookies
Supper	Chicken Noodle Soup Cracker Cheese	Salsa Tostitos Acom Sazon	X AWANA Leader's Mtg	X	Upside Down Pizza
WEEK 2	Aug 31	1	2	3	4
Breakfast	(Labor Day) Malt-O-Meal 5	Scrambled Eggs, Little Smokies	Granola with Yogurt and fruit	Muffins 8	Waffles 9
Lunch	Chicken Patties	Tuna salad, crackers, and cheese	Squid Dogs	Cook's Choice	Tortillas and Cheese
Afternoon snack	Smoothies or Shakes	Thin Waffles	Fruit: Grapes or Strawberries	Granola Bar	Cookies
Supper	Pork Chops Baked Potatoes	Taco Tot Casserole	Pork Burritos	Taco Salad	Sweet & Sour Chicken and Rice
WEEK 3	Sept 1	2	3	4	5
Breakfast	Cinnamon Toast 12	Sausage, Egg, Cheese Biscuits or Burritos 13	Cold Cereal 14	English muffins with jelly 15	Pancakes 16
Lunch	Sloppy Joe's	Microscope Lab Jack's Pizza	Ma Ling Chu Chao	Microscope Lab Cook's Choice	Mini pizzas
Afternoon snack	Smoothies or Shakes	Puppy Chow	Fruit: Peaches or bananas	Granola Bar	Cookies
Supper	Chicken Teriyaki Soup	Steak, Baked Potatoes	Engua Muffin Pizza AWANA	Pork Chops with Rice	Swedish Pancakes
WEEK 4	Sept 2	3	4	5	6
Breakfast	Oatmeal or Grits 19	Egg Bake or Omelette 20	Granola with Yogurt and fruit 21	Cinnamon rolls 22	French Toast 23
Lunch	Hot Dogs	Chicken Nuggets and tator tots	Mixed Fried Rice	Cook's Choice	Baked Beans and bread
Afternoon snack	Smoothies or Shakes	Tortilla Chips and Salsa	Fruit: Plums or Pineapple	Granola Bar	Cookies
Supper	Braised Cabbage Soup	Chicken Stuffing Balls	Tuna Turnovers AWANA	(Pizza or Subway)	Chicken Noodle Casserole

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Masterfile

JOSHUA
ACT!

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Breakfast	Cinnamon Toast	Bacon, Fried Eggs, Toast	Cold Cereal	Bagels with Cream Cheese	Pancakes
	Lunch	Poppyseed Chicken	Rotini	Stuffed Green Peppers	Cook's Choice	Rotini
	Afternoon snack	Smoothies or Shakes	CheX Mix	Fruit: Apples or Kiwi	Granola Bar	Cookies
	Supper					
WEEK 2	Breakfast	Malt-O-Meal	Scrambled Eggs, Little Smokes	Granola with Yogurt and fruit	Muffins	Waffles
	Lunch	Cavatini	Chicken Nuggets and tator tots	BLT Sandwiches	Cook's Choice	Tortillas and Cheese
	Afternoon snack	Smoothies or Shakes	Thin Wheat's	Fruit: Grapes or Strawberries	Granola Bar	Cookies
	Supper					
WEEK 3	Breakfast	Cinnamon Toast	Sausage, Egg, Cheese Biscuits or Burritos	Cold Cereal	English muffins with jelly	Pancakes
	Lunch	Sloppy Joe's	Jack's Pizza	Hamburger Helper	Cook's Choice	Mini pizzas
	Afternoon snack	Smoothies or Shakes	Puppy Chow	Fruit: Peaches or bananas	Granola Bar	Cookies
	Supper					
WEEK 4	Breakfast	Oatmeal or Grits	Egg Bake or Omelette	Granola with Yogurt and fruit	Cinnamon rolls	French Toast
	Lunch	Chicken Pot Pie	Corn dogs	Spaghetti with meat and sauce	Cook's Choice	Baked Beans and bread
	Afternoon snack	Smoothies or Shakes	Tortilla Chips and Salsa	Fruit: Plums or Pineapple	Granola Bar	Cookies
	Supper					

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WEEK 1	Breakfast					
	Lunch					
	Afternoon snack					
	Supper					
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	Lunch					
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	Supper					

Produce

5 lb. potatoes
onions
carrots
celery
green pepper
lettuce
tomatoes
bananas
apples
oranges
pears
avocados

Meat

frozen chicken
hamburger
bacon
sausage
deli meat
roast
hot dogs
pepperoni
summer sausage

Canned and Dry

canned peaches
canned pears
canned pineapple
applesauce
prunes
raisins
dried apricots

baked beans
kidney beans
green beans
canned corn
canned peas
sweet potatoes

soups: _____

cream of mushroom
cream of chicken
bouillon granules
onion soup mix
spice packets:

mayonnaise
Cookies BBQ sauce
ketchup
salad dressing
Ranch dressing mix

Throat Coat tea
iced tea mix
hot chocolate mix
lemon juice
bottled water
fruit juice

taco shells
Picante sauce
stuffing mix
instant potatoes
white rice
brown rice
split peas
rotini

egg noodles
pizza sauce
spaghetti
spaghetti sauce
Parmesan cheese
Velveeta
tomato sauce
tomato paste
diced tomatoes
mushrooms
tuna

walnuts
evaporated milk
sweetened condensed milk
vegetable oil
spray oil
Crisco
flour
wheat flour
sugar

powdered sugar
brown sugar
biscuit mix
spices: _____

cake mix
jello
marshmallows
chocolate chips
popcorn

cereal: _____

Malt-o-meal
Apple cinnamon oatmeal
poptarts
granola bars
syrup

Chips: _____

travel snacks
wheat crackers
saltines
snack crackers
graham crackers
trail mix

macaroni and cheese mix
RICE MILK

Bread

wheat bread
buns
tortillas
bagels
bread for French toast

peanut butter
jelly
honey
vinegar
baby food

Frozen

orange juice
ice cream
vegetables:

tator tots
chicken nuggets

Dairy

milk
cheddar cheese
mozzarella cheese
cream cheese
sour cream
cheese sticks
yogurt
butter
eggs
refrigerated dough

Pharmacy

Tylenol Allergy sinus
Coricidin D
Alavert
Vitamin C (chewable)
Vitamin C (Rachel's)
Multi-vitamin
Contact solution
other medicine
Band-aids

Health and Beauty

shaving cream
razors
deodorants
shampoo
conditioner
Zest
toothpaste
feminine products
Q-tips
cotton balls
Cetaphil lotion or soap

Miscellaneous

Light bulbs
Batteries
Envelopes
Other stationary items:

film
drop off film
Computer paper
Other computer items:

Baby

Diapers
Wet wipes
baby food

Household

Toilet paper
Paper towels
Kleenex
Paper plates
paper cups
napkins
ziplock baggies
saran wrap
tin foil
wax paper
Barkeeper's Friend
Cleaners:

Tide
Dreft
Dryer sheets
Color safe bleach
SprayNWash
Dawn
Dishwasher detergent

Clothes:

