

SNAP Menu for One Week

	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	Menu	Qty	Cost	Menu	Qty		Menu	Qty	Cost	Menu	How much	Cost	Menu	How much	Cost	Menu	How much	Cost	Menu	How much	Cost
Breakfast	Oatmeal	1 cup	0.36	Bananas	2	0.58	Eggs	4	0.60	Oatmeal	1 cup	0.36	Bananas	2	0.58	Eggs	4	0.60	Oatmeal	1 cup	0.36
	Peanut butter	3 T	0.57	Soy milk	2 cups	0.82	Tomatoes	1	1.00	Banana	1	0.39	Soy milk	2 cups	0.82	Corn tortilla	2	0.32	Banana	1	0.39
	Soy milk	1 cup	0.41	Spinach	2 cups	0.88	Spinach	1/2 cup	0.22	Tea	2 bags	0.02	Spinach	2 cups	0.88	Green pepper	2/3 pepper	0.86	Peanut butter	1/2 T	0.38
	Tea	2 bags	0.02	Peanut butter	1.5 T	0.29	Tea	2 bags	0.02	Peanut butter	3 T	0.57	Tea	1 bag	0.02	Tea	2 bags	0.02	Tea	2 bags	0.02
				Tea	1 bag	0.01	Bread	1 slice	0.04	Soy milk	1 cup	0.41				Onion	1/4 onion	0.11	Carrots	1/2 carrot	0.04
						Peanut butter	2 T	0.38							Black beans	1/2 cup	0.22	Soy milk	1 cup	0.41	
	Total cost		1.36			2.58			2.26			1.75			2.30			2.13			1.60
Lunch	Tuna	1 can	1.00	Lentils	1/5 bag	0.34	Peanut butter	6 T	1.14	Golden beets	3	2.00	Lentils	1/5 bag	0.34	Peanut butter	6 T	1.14	Tuna	1 can	1.00
	Egg	1 egg	0.15	Onion	1/5 onion	0.11	Bread	4 slices	0.16	Beet greens	3 stalks	1.00	Onion	1/5 onion	0.11	Bread	4 slices	0.16	Egg	1 egg	0.15
	Bread	4 slices	0.16	Carrot	1	0.11	Carrot sticks	2 carrots	0.28	Onion	1/4 onion	0.11	Carrot	1	0.11	Carrot sticks	2 carrots	0.28	Bread	4 slices	0.16
	Onion	1/4 onion	0.11	Celery	1 stalk	0.20	Celery	2 stalks	0.50	Brown rice	1/2 cup	0.36	Celery	1 stalk	0.20	Celery	2 stalks	0.50	Onion	1/4 onion	0.11
	Carrot	Half	0.07	Tomatoes	1/5 can	0.20	Squash seeds	1 squash	0.00				Tomatoes	1/5 can	0.20	Hummus	3 T	0.65	Carrot	1 1/2 car	0.21
	Celery	1/2 stalk	0.13	Veg broth	1/3 cube	0.08	Hummus	2 T	0.43				Veg broth	1/3 cube	0.08				Celery	1/2 stalk	0.13
	Spinach	1/2 cup	0.22	Bread	3 slices	0.12							Brown rice	1/3 cup	0.24				Hummus	2 T	0.43
	Hummus	2 T	0.43										Spinach	1 cup	0.44						
	Total cost		2.27			1.16			2.51			3.47			1.72			2.73			2.19
Dinner	Lentils	1/5 bag	0.34	Butternut squash	1/2 cup	0.50	Butternut squash	1/2 cup	0.50	Carrot	1/2 carrot	0.07	Rice	1/2 cup	0.36	Lentils	1/5 bag	0.34	Sweet potato	2	1.28
	Onion	1/5 onion	0.11	Soy milk	.37 cup	0.15	Soy milk	.37 cup	0.15	Spinach	2 cups	0.88	Kale	1/6 bunch	0.21	Onion	1/5 onion	0.11	Black beans	1 cup	0.44
	Carrot	1	0.11	Pasta	3 serv	0.24	Pasta	3 serv	0.24	Celery	1/2 stalk	0.12	Black beans	1/2 cup	0.22	Carrot	1	0.11	Zucchini	1/2 zucc	0.50
	Celery	1 stalk	0.20	Kale	1/3 bunch	0.43	Kale	1/3 bunch	0.43				Corn tortilla	4	0.64	Celery	1 stalk	0.20	Oatmeal	1/2 cup	0.18
	Tomatoes	1/5 can	0.20										Green pepper	1/3 pepper	0.43	Tomatoes	1/5 can	0.20	Peaches	3/4 cup	0.50
	Veg broth	1/3 cube	0.08										Sweet potato	1	0.64	Veg broth	1/3 cube	0.08	Butternut squash	1 cup	1.00
	Bread	2 slices	0.08										Peaches	3/4 cup	0.50	Rice	1/2 cup	0.36			
	Total cost		1.12			1.32			1.32			1.07			3.00			1.40			3.90
Snack	Apple	1	0.49	Yogurt	1 cup	0.62	Apple	2	0.98	Apple	1	0.49	Apple	1	0.49	Apple	1	0.49	Yogurt	1	0.62
	Peanut butter	1 T	0.19	Apple	1	0.49	Soy milk	1 cup	0.41	SNAP bar	1	0.19	SNAP bar	2	0.38	SNAP bar	2	0.38	SNAP bars	3	0.57
	Yogurt	1 cup	0.62							Coffee	16 oz	1.00	Yogurt	1	0.62	Oatmeal	1/3 cup	0.12			
	Carrot	0.25	0.03							Mushroom sandwich		0.00	Carrots	2	0.24						
	Celery	0.25	0.06							Blueberry cream danish		0.00	Celery	1 stalk	0.25						
	Oatmeal	1/3 cup	0.12										Hummus	2 T	0.43						
	Total cost		1.51			1.11			1.39			1.68			2.41			0.99			1.19
	Daily total		6.26			6.17			7.48			7.97			9.43			7.25			8.88