

Breakfast

Monday - Cereal/Milk
Tuesday - Oatmeal/Juice
Wednesday - Pancakes/Milk
Thursday - Cereal/Milk
Friday - Oatmeal/Juice
Saturday - Pancakes/Milk
Sunday - Cereal/Milk

Lunch

Monday - Mac-n-Cheese/Juice
Tuesday - PB & Honey Sandwiches/Milk
Wednesday - Jambalaya/Milk
Thursday - PB&J Sandwiches/Milk
Friday - Pizza/Juice
Saturday - Chicken Salad Sandwiches/Pickles/Juice
Sunday - Easy Soups (Spaghettios, Soup, Raviolis, Chili)/Milk

Dinner

Monday - Taco Soup/Mandarin Oranges/Milk
Tuesday - Pasta with Meat and Marinara Sauce/Peas/Peaches/Milk
Wednesday - Burritos/Apple Sauce/Milk
Thursday - Black Beans and Rice/Mandarin Oranges/Corn/Milk
Friday - Wild Rice Soup (includes carrots), Peaches, Juice
Saturday - Chicken Alfredo and Pasta/Peaches/Corn/Juice
Sunday - Curry Chicken/Peas/Apple Sauce/Milk

Here are some storage location ideas:

* Use the space between the top of your cabinets and the ceiling (in the kitchen, bathroom, laundry room etc.). Put items in canisters, pots or cute baskets if needed (sometimes food storage can be decorative). Use curtains if needed.

*Utilize top shelves in closets and storage areas that might not have things on them because they are hard to reach.

*Store things under beds. You could even raise your bed with risers and store even more. Eliminate your bottom mattress and create a "foundation" using buckets and storage items.

* Store items under bedside tables or other decorative tables. Hide with a tablecloth.

*Store boxes in the bottoms of closets (shoes, boots, etc. can sit on top of the boxes).

*Insulate an attic space and add pull-down stairs.

*Basements, garages (might be too hot), cellars, sheds, cold-storage, etc.

*Dig a cold storage area.

*Pull a couch away from a wall and store items behind it.

*Free up cupboard space by hanging your pots and pans.

*Buy/make a decorative privacy screen and store items behind it.

*Buy an armoire and fill it with food storage.

*Use beds for the kids that are like bunk-beds, but that only have the top bunk. Fill the bottom area with home storage supplies. Cover with decorative fabric that matches the room. You could even use part of this space for storage and the other part for toys or a play area (separated by a desk or chest of drawers).

*Turn an extra coat closet into a food storage closet.

*Keep a box or two of food storage items in your trunk.