

Shopping Lists for Kids Get Cooking Weekly Menu Plan

Produce

For Kids-Pleasing Stuffed Pocket Menu:

- Assorted vegetables for dippers (carrots, celery, broccoli, and/or cauliflower)

For Baked Chicken Fingers Menu:

- Assorted fresh fruits (watermelon, cantaloupe, seedless green grapes, peach or nectarine slices, strawberries, and/or fresh pineapple)

For Mac and Cheese Made Easy Menu:

- 2 red apples
- 1 large onion

For California Veggie Wrap Menu:

- Carrot
- 1 red or yellow sweet pepper
- 1 small red onion
- 1 avocado
- Baby spinach leaves
- Alfalfa sprouts
- Fresh fruit (any kind you like)

For Kids Cook for Company Menu:

- 10 stalks celery
- Mixed torn greens

Meat, Poultry, and Fish

For Kids-Pleasing Stuffed Pocket Menu:

- Pepperoni

For Baked Chicken Fingers Menu:

- 4 skinless, boneless chicken breasts

Dairy and Eggs

For Kids-Pleasing Stuffed Pocket Menu:

- Sour cream dip
- 4 ounces (1 cup) shredded mozzarella cheese

- Milk
- Butter

For Mac and Cheese Made Easy Menu:

- Butter
- Milk
- 8 ounces (2 cups) shredded Cheddar cheese

For California Veggie Wrap Menu:

- Spreadable cream cheese
- 4 ounces (1 cup) shredded Cheddar cheese or Monterey Jack cheese
- 2 cups plain yogurt

For Kids Cook for Company Menu:

- 5 ounces (1 1/4 cups) shredded mozzarella cheese
- 5 ounces (1 1/4 cups) shredded Swiss cheese
- 1 1/2 cups ricotta cheese
- 2 eggs
- Butter

Canned, Bottled, and Packaged Items

For Kids-Pleasing Stuffed Pocket Menu:

- Spaghetti sauce
- 4 (6-inch) pocket-type pita breads
- 1 (3.9 ounce) package instant chocolate pudding mix
- 1 (18.25 ounce) package chocolate cake mix
- 1 cup semisweet chocolate chips
- 1 cup candy-coated milk chocolate pieces

For Baked Chicken Fingers Menu:

- Vegetable oil
- Dried bread crumbs
- Grated Parmesan cheese
- Dried oregano
- Honey
- Dijon mustard

For Mac and Cheese Made Easy Menu:

- Raisins
- Peanut butter
- Pretzel sticks
- All-purpose flour
- Elbow macaroni
- 4 individual pudding cups

For California Veggie Wrap Menu:

- 1 (10.75 ounce) can condensed tomato soup
- 4 (10-inch) flour tortillas
- Baked potato chips
- Brown sugar
- Vanilla extract

For Kids Cook for Company Menu:

- Peanut butter
- Raisins
- Desired salad dressing
- 1 pound spaghetti
- 4 cups spaghetti sauce
- 1/2 cup grated Parmesan cheese
- 1 (18.25) package white cake mix
- 1 (3 ounce) package any fruit flavored gelatin mix
- 1 (21 ounce) can cherry pie filling

Bakery

For Kids Cook for Company Menu:

- Italian bread

Deli Counter and Refrigerated

For Baked Chicken Fingers Menu:

- Coleslaw

For Kids Cook for Company Menu:

- Coleslaw

Frozen Foods

For Baked Chicken Fingers Menu:

- Sliced carrots



For Mac and Cheese Made Easy Menu:

- Frozen mixed vegetable combination

For Kids Cook for Company Menu:

- 1 (16-ounce) container frozen whipped topping

