

Simple Meals, using only LDS Bishop's Storehouse Foods

Breakfasts

Pancakes/waffles, syrup
Various cereals, milk
Oatmeal, brown sugar, syrup, raisins
Yogurt
Fresh fruit
Parfait (yogurt, granola, sliced fruit)
Canned peaches, pears or applesauce
French toast (bread, eggs, milk, cinnamon), syrup
Cheese Scrambled Eggs (eggs, cheese, seasonal vegetables, ketchup or salsa)
Hard boiled eggs
Toast, butter, Jam or Honey
Fried potato slices and sausage
Breakfast burritos (tortillas, sausage/ham, eggs, cheese, vegetables, salsa)
Applesauce muffins, yogurt or sour cream based muffins (recipes online)
German pancakes (recipes online)
Banana bread, or other quick breads (recipes online)

Lunches and easy/fast dinners

Grilled cheese sandwiches, tomato soup
Quesadillas, salsa
Peanut butter and jelly sandwiches
Beef roll-ups (tortillas, canned beef, cheese - microwaved)
Hotdogs/Chili Dogs
Canned soup
Canned Chili
Boxed Mac and Cheese
Tuna fish sandwiches (tuna, salad dressing)
Banana roll-ups (tortilla spread with peanut butter, whole banana, rolled, sliced)
Tuna melts (canned tuna, salad dressing toasted bread, cheese)
Microwave "baked" potato
Leftovers

Dinners

Hamburgers/ Cheeseburgers
Spaghetti (pasta, sauce, ground beef, onions)
Beef stew (stewing beef, gravy mix, potatoes, carrots, onions)
Stroganoff (pasta, canned beef or ground beef, cream of mushroom, sour cream)
Chili Mac
Roast (beef roast/pork roast, potatoes, onions, carrots)
Stovetop "grilled" chicken, rice, beans, salsa

Tacos/Burritos (tortillas, ground beef, cheese, sour cream, vegetables)
Baked potato, canned chili, cheese, sour cream
Baked potato, turkey chunks + cream of mushroom, cheese
Chicken rice casserole (rice, chicken, cream of chicken, cheese, onion)
Sliced ham, Mashed potatoes
Turkey tetrazzini (canned turkey chunks, spaghetti, cream of mushroom, onions, cheese)
Sloppy joes (hamburger buns, ground beef, tomato sauce)
Simple enchiladas (tortillas, ground beef, tomato sauce, onion, cheese, sour cream, salsa)
Tortilla pizza (tortillas, spaghetti sauce, sliced ham/sausage/ground beef, cheese, vegetables)
Ham fried rice (rice, ham, soy sauce, vegetables, eggs)
Breakfast for dinner: anything from the breakfast list

Sides

Rice and black beans
Canned Pork and Beans
Canned peaches, pears or applesauce
Fresh fruit (sliced apples, bananas, oranges, or fruit in season)
Whole wheat toast, butter
Cheesy toast
Baked potato, butter, sour cream
Canned corn or green beans
Fresh vegetables (carrot sticks, sliced tomatoes with salt/pepper, veggies in season)
Sauteed vegetables in season
Mashed potatoes and brown gravy
Green salad (lettuce, tomato, carrot, onion, veggies in season)
Cottage cheese and canned peaches
Oven baked potato wedges
Fruit salad, drizzled with honey and/or vanilla yogurt (any canned fruits, orange segments, sliced bananas, chopped apples, chopped fruit in season)
Simple green bean casserole (canned green beans, cream of mushroom, sour cream)
Potato salad (potatoes, eggs, salad dressing, mustard)
Summer corn salad (canned corn, tomatoes, onion, oil, vinegar, salt, pepper)

Desserts

Jell-O
Pudding
Cake, with pudding frosting or Peanut butter frosting (recipes online)
Banana bread, or other quick breads (recipes online)