Ingredient Worksheet (Amounts Needed for 3 months)

Lunch Menus	Main Dish						Side Dishes													
Ingredient	1._____	2._____	3._____	4._____	5._____	6._____	S1._____	S2._____	S3._____	S4._____	S5._____	S6._____	S7._____	S8._____	S9._____	S10._____	S11._____	S12._____		**Total**
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
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23																				
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Ingredient Worksheet (Amounts Needed for 3 months)

Lunch Menus	Main Dish						Side Dishes													
Ingredient	1._____	2._____	3._____	4._____	5._____	6._____	S1._____	S2._____	S3._____	S4._____	S5._____	S6._____	S7._____	S8._____	S9._____	S10._____	S11._____	S12._____		Total
27																				
28																				
29																				
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