

## Easy Meal Ideas for the New School Year



Gear up for the new school year with easy meal ideas that the kids can be excited to try and that parents can save time and money on. Consider creative, easy recipes with the help of DG™ Easy Meals. From breakfast to dinner, Dollar General can help make meal time something to look forward to!

Breakfast can be made a breeze with loaded egg muffins. Egg muffins are a better for you option that are perfect for a quick morning meal. Plus, they can be the perfect meal prep breakfast. Store these egg muffins in the fridge or freezer, warm in the microwave and enjoy! Mornings can be made simple with oats! Use Clover Valley® Quick Oats as a base for your own oatmeal creation. Add cinnamon, honey and your favorite toppings like fresh or dried fruit for a sweet and hearty breakfast. Instant oatmeal offers delicious flavors like maple and brown sugar, apples and cinnamon or a fruit and cream variety. Find your favorite breakfast options for less by shopping private brands like Clover Valley®, or discover national brands like Quaker® and Kashi® at your local Dollar General.

For lunch, consider easy options that require just a few simple ingredients like a black bean wrap. Warm up canned black beans in a pot on the stove and season with cumin and garlic. Place them in your favorite tortillas or wraps and top with your favorite veggies or whatever you may have in the fridge. For lunches that require an even quicker option, shop a wide variety of canned soups at your local Dollar General including options from Clover Valley®, Campbell's® and Progresso®.

To make dinners easier, consider preparing meats or main dishes ahead of time. Warm them up on a skillet or in the microwave and serve with freshly prepared side dishes, or swap out stored sides throughout the week. Main dishes or meats can include seasoned chicken breast, Mediterranean tilapia, veggie stuffed pork chops, baked bean fritters or burgers. Whether it's roasted broccoli almondine or veggie-packed German potato salad, find delicious better for you side dishes on DG™ Easy Meals that can serve as the perfect supplement to any weeknight meal.

Dollar General is here to help make mealtime fast and affordable this school year. Consider finding additional ways to save on summer fun with Dollar General's Digital Coupons Program that helps to provide customers with an easy-to-use platform and digital coupons. Sign-up today by clicking [here](https://www.dollargeneral.com/coupons), visiting [www.dollargeneral.com/coupons](https://www.dollargeneral.com/coupons) or accessing coupons on the Dollar General mobile app. Customers can load coupons to the account and redeem them at checkout during their next visit!