

Meal Plan October 2017

Key: Breakfast, Lunch, Snack, Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
| <p>1</p> <p>Chicken Stir fry Rice</p> | <p>2</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers</p> <p>Breaded Chicken, pasta, salad</p> | <p>3</p> <p>Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Tater-Tot Casserole & Veggies</p> | <p>4</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>PB&J, fruit</p> <p>Trail Mix</p> <p>Homemade Calzones Salad/Bread</p> | <p>5</p> <p>Scrambled Eggs, Toast, Orange juice</p> <p>Grilled Ham & Cheese, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Chicken Stir fry Rice</p> | <p>6</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>PB&J, fruit</p> <p>Veggies & Ranch Dip</p> <p>Mongolian Beef & Broccoli Rice</p> | <p>7</p> <p>Grill: BBQ Chicken Corn on the cob Salad</p> |
| <p>8</p> <p>Spaghetti/Meatballs Salad Bread</p> | <p>9</p> <p>Smoothies/Eggs/Toast</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p>Breaded Chicken , Peas, Potato Casserole</p> | <p>10</p> <p>Smoothies/pancakes</p> <p>Cream cheese & Cucumber Sandwich with Fruit</p> <p>Soft Pretzels</p> <p>Beef Burritos Lettuce, tomato, guacamole</p> | <p>11</p> <p>Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Pork Roast, Sweet Potato Casserole, Green Beans</p> | <p>12</p> <p>Cottage Cheese & Fruit</p> <p>Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (Knorr's Veggie Soup Mix recipe)</p> <p>BBQ Ribs, Corn Mashed Potatoes</p> | <p>13</p> <p>Egg, ham, cheese Bagels</p> <p>PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p>Homemade Pizza Night! Salad (or order out :o)</p> | <p>14</p> <p>Grill: Steak, onion, mushroom, tomato shish-ka-bobs Pasta Salad</p> |
| <p>15</p> <p>Ravioli/meatballs Bread Salad</p> | <p>16</p> <p>Milk/Muffins/Fruit</p> <p>Grilled Ham & Cheese, Fruit</p> <p>Sliced Apples with Peanut Butter</p> <p>Grilled Pork Chops Breaded Cauliflower Salad</p> | <p>17</p> <p>Smoothies/pancakes</p> <p>Hamburgers Chips/Pickle Fruit Salsa & Cinammon Chips</p> <p>Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce</p> | <p>18</p> <p>Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(Bagels,pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks</p> <p>Chicken Lettuce Wraps, Fried Rice</p> | <p>19</p> <p>Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p>Meatloaf, Salad or veggie Mashed Potatoes</p> | <p>20</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p>French Dip Sandwich Potatoes, Salad</p> | <p>21</p> <p>Grill: Shish-Ka-Bobs Corn on Cob Pasta Salad</p> |
| <p>22</p> <p>Stuffed Shells Salad Bread</p> | <p>23</p> <p>Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p>Italian Beef Pot Roast & Veggies</p> | <p>24</p> <p>Smoothies/pancakes</p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix</p> <p>Beef/Chicken Fajitas Rice/Beans</p> | <p>25</p> <p>Smoothies/French Toast</p> <p>Pigs in a blanket (Pillsbury crescent rolls & Hot Dogs), veggies w/ranch</p> <p>Fresh Fruit Salad/nuts</p> <p>Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas</p> | <p>26</p> <p>Cottage Cheese & Fruit</p> <p>Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p>Tortellini Soup Bread</p> | <p>27</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips</p> <p>Veggies & Ranch Dip Coconut Chicken, potatoes, veggies</p> | <p>28</p> <p>Grill: Hamburgers, lettuce, tomato, cheese Potato Salad</p> |
| <p>29</p> <p>Chicken Parmesan Salad, Bread Sticks</p> | <p>30</p> <p>Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>Popcorn Beef Brisket, Mashed Potatoes, Corn or Peas</p> | <p>31</p> <p>Smoothies/pancakes</p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola) Enchiladas Rice/Beans</p> | | | | |