

Meal Plan October 2014

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff Broccoli</p>	<p>2 Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p><u>Homemade Granola Bars</u></p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>3 Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip</p> <p><u>Mongolian Beef & Broccoli</u> Rice</p>	<p>4 Grill: BBQ Chicken Corn Salad</p>
<p>5 Spaghetti/Meatballs Salad Bread</p>	<p>6 Smoothies/Eggs/Toast</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p><u>Breaded Chicken</u> , Peas, Potato Casserole</p>	<p>7 Smoothies/<u>pancakes</u></p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <u>Soft Pretzels</u></p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>8 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p><u>Pork Roast</u>, Sweet Potato Casserole, Green Beans</p>	<p>9 Cottage Cheese & Fruit</p> <p>Bologna Sandwich Pretzels, fruit Spinach Dip / Torn Sheppard's Bread pieces (See: Knorr's Veggie Soup Mix recipe)</p> <p>BBQ Ribs, Corn Mashed Potatoes</p>	<p>10 Egg, ham, cheese Bagels</p> <p>PB & Honey w/banana sandwich/Fruit/Pretzels</p> <p>Sliced cheese, meat, crackers</p> <p><u>Homemade Pizza</u> Night! Salad</p>	<p>11 Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>12 Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>13 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>14 Smoothies/<u>pancakes</u></p> <p>Hamburgers Chips/Pickle <u>Fruit Salsa</u> & Cinammon Chips</p> <p><u>Creamy Chicken Burritos</u> guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>15 Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks <u>Chicken Lettuce Wraps</u>, <u>Fried Rice</u></p>	<p>16 Yogurt/Fruit/Granola</p> <p>Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame</p> <p>Veggies & Ranch Dip</p> <p><u>Meatloaf</u>, Salad or veggie Mashed Potatoes</p>	<p>17 Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p><u>Crockpot Rotisserie Chicken</u> Potatoes/veggie</p>	<p>18 <u>Chicken Stir fry</u> Rice</p>
<p>19 <u>Stuffed Shells</u> Salad Bread</p>	<p>20 Smoothies/Eggs/Toast</p> <p>Tuna Salad Sandwich /Fruit/ Cheese Stick</p> <p>Crackers & Crab Salad Dip</p> <p><u>Italian Beef Pot Roast</u> & Veggies</p>	<p>21 Smoothies/<u>pancakes</u></p> <p>Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix</p> <p><u>Beef/Chicken Fajitas</u> <u>Rice/Beans</u></p>	<p>22 Smoothies/French Toast</p> <p>Mac-n-Cheese, veggies w/ranch</p> <p>Fresh Fruit Salad/nuts</p> <p>Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas</p>	<p>23 Cottage Cheese & Fruit</p> <p>Salami & Provolone Sandwich/Fruit/Pretzels</p> <p>PB, Honey & Banana Tortilla Pinwheels</p> <p><u>Tortellini Soup</u> Bread</p>	<p>24 Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip</p> <p><u>Coconut Chicken</u>, potatoes, veggies</p>	<p>25 Chef Salad, Baked Potato Bar</p>
<p>26 <u>Chicken Parmesan</u> (Breaded Chicken over pasta with marinara sauce) Salad Bread Sticks</p>	<p>27 Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>String Cheese and fruit</p> <p><u>Beef Brisket</u>, Mashed Potatoes, Corn or Peas</p>	<p>28 Smoothies/<u>pancakes</u></p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas or <u>Beef Burritos</u>, Rice/Beans, lettuce etc.</p>	<p>29 Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers</p> <p>Tater-Tot Casserole & Salad</p>	<p>30 Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p><u>Breaded Chicken</u>, pasta, salad</p>	<p>31 Smoothies/Egg, ham, cheese scramble</p> <p>PB&J, fruit</p> <p>Trail Mix</p> <p><u>Homemade Calzones</u> Salad/Bread</p>	