

Meal Plan October 2012

Key: Breakfast, Lunch, Snack, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sept 30</p> <p>Penne Pasta Bake Bread Salad</p>	<p>1</p> <p>Milk/Muffins & Fruit</p> <p>Chicken Nuggets/Fruit/Nuts</p> <p>Grapes, Cheese chunks, Crackers</p> <p>Pork Tenderloin, Parsley Potatoes, Salad</p>	<p>2</p> <p>Smoothies/ pancakes</p> <p>Pizza Bites (French bread, pizza sauce, cheese, toppings) Frozen Gogurt</p> <p>Taco Salad or Enchilada Casserole, Beans/Rice, etc</p>	<p>3</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch</p> <p>Apples & Peanut Butter</p> <p>Beef Stroganoff Broccoli</p>	<p>4</p> <p>Yogurt/Fruit/Granola</p> <p>Hot Dogs/Fruit/Chips</p> <p>Homemade Granola Bars</p> <p>Spiral Ham Scallop Potatoes Salad or Broccoli</p>	<p>5</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese Veggies & Ranch Dip</p> <p>Mongolian Beef & Broccoli Rice</p>	<p>6</p> <p>Grill: BBQ Chicken Corn Salad</p>
<p>7</p> <p>Spaghetti/Meatballs Salad Bread</p>	<p>8</p> <p>Smoothies/Eggs/Toast</p> <p>Grilled Cheese/Tomato Soup /Fruit</p> <p>Popcorn</p> <p>Breaded Chicken , Peas, Potato Casserole</p>	<p>9</p> <p>Smoothies/pancakes</p> <p>Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) Soft Pretzels</p> <p>Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese</p>	<p>10</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>11</p> <p>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>12</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</p>	<p>13</p> <p>Sweet -n- Sour Polska-Kielbasa Sausage Scallop Potatoes Broccoli</p>
<p>14</p> <p>Ravioli or Rigatoni and meatballs Bread Salad</p>	<p>15</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>16</p> <p>Smoothies/pancakes</p> <p>Hamburgers Chips/Pickle Fruit Salsa & Cinammon Chips</p> <p>Creamy Chicken Burritos guacamole, sour cream, tomatoes, lettuce etc.</p>	<p>17</p> <p>Smoothies/French Toast/Sausage</p> <p>Mini Pizzas(French bread, pizza sauce, cheese, pepperoni)</p> <p>Cheese cubes w/Pretzel toothpicks Chicken Lettuce Wraps, Fried Rice</p>	<p>18</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>19</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>Egg Salad Sandwiches Pretzels/Pickle</p> <p>Diced Orange, Apple, Craisin & Walnut Salad</p> <p>Crockpot Rotisserie Chicken Potatoes/veggie</p>	<p>20</p> <p>Chicken Stir fry Rice</p>
<p>21</p> <p>Stuffed Shells Salad Bread</p>	<p>22</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>23</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>24</p> <p>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>25</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>26</p> <p>Smoothies/Egg, ham, cheese Bagels</p> <p>Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip</p> <p>Coconut Chicken, potatoes, veggies</p>	<p>27</p> <p>Chef Salad, Baked Potato Bar</p>
<p>28</p> <p>Chicken Parmesan (Breaded Chicken over pasta with marinara sauce) Salad Bread Sticks</p>	<p>29</p> <p>Egg/Sausage/Cheese Burrito & Fruit</p> <p>Turkey & Avocado Tortilla Wraps & Fruit</p> <p>String Cheese and fruit</p> <p>Beef Brisket, Mashed Potatoes, Corn or Peas</p>	<p>30</p> <p>Smoothies/pancakes</p> <p>Sandwich/Pasta Salad/Fruit</p> <p>Parfait (layered yogurt, fruit, granola)</p> <p>Enchiladas or Beef Burritos, Rice/Beans, lettuce etc.</p>	<p>31</p> <p>Smoothies/French Toast/Sausage</p> <p>Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers</p> <p>Tater-Tot Casserole & Salad</p>	<p>Nov 1</p> <p>Yogurt/Fruit/Granola</p> <p>Bologna Sandwich, fruit, pretzels</p> <p>Frozen Gogurt</p> <p>Breaded Chicken, pasta, salad</p>	<p>Nov 2</p> <p>Smoothies/Egg, ham, cheese scramble</p> <p>PB&J, fruit</p> <p>Trail Mix Homemade Calzones Salad/Bread</p>	<p>Nov 3</p> <p>Sloppy Joe's Salad or veggie</p>