Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Snacks
		1	2	3	4	5	
		B - eggs in a hole	B - oatemal	B - cereal	B - parfait	B - eggs muffins	carrots & hummus
		L - salad	L - minestrone	L - grilled cheese, tomato soup	L - salad	L - leftover pizza	crockpot apple sauce
		D - jalapeno popper chicken, rice & zucchini	D - sloppy jose, corn	D - chicken enchiladas	D - homemade pizza	D - roast chicken hassleback potatoes corn & peas	
6	7	8	9	10	11	12	
B - eggs & sausage	B - oatmeal	B - cereal	B - yogurt & fruit	B - egg muffins	B - oatmeal	B - egg muffins	ants on a log
L - chicken noodle soup	L - minestrone	L - salad	L - grilled cheese, tomato soup	L - chicken noodle soups	L - salad	L - leftover stirfry	apple chips
D - herb roasted pork loin, sweet potatoes green beans	D - chicken burritos	D - chicken pot pie	D - breaded pork chops, rice, broccoli	D - chorizo tacos	D - steak stirfry	D - pasta & marinara	
13	14	15	16	17	18	19	
B - eggs & sausage	B - cereal	B - oatmeal	B - egg muffins	B - yogurt & fruit	B - oatmeal	B - pancakes	chips & salsa
L - leftover pasta	L - broccoli cheddar soup	L - leftover soup	L - minestrone	L - leftover chili	L - steak stirfry	L - french onion soup	crockpot apple sauce
D - homemade pizza jalapeno poppers	D - pork chops, polenta, green beans	D - black bean & sweet potato chili	D - steak, potatoes zucchini fries	D - chicken cutlets pasta with broccoli & parmesan cheese	D - homemade pizza	D - roast chicken roasted fall veggies	
20	21	22	23	24	25	26	
B - eggs & sausage	B - eggs in a hole	B - oatmeal	B - cereal	B - egg muffins	B - yogurt & fruit	B - pancakes	hummus & carrots
L - salad	L - minestrone	L - chicken noodle so	L - salad	L - chorizo tacos	L - leftover strw	L - salad	ants on a log
D - beef stew with musrooms	D - chicken enchiladas	D - spaghetti squash with brown butter & sage sauce	D - chicken & rice casserole	D - steak kabobs rice	D - pork chops, rice corn	D - stuffed chicken breast with broccoli and bacon, pasta	
27	28	29	30	31			
B - eggs & sausage	B - cereal	B - egg muffins	B - oatmeal	B - pumpkin pancakes			chips & salsa
L - grilled cheese french onion soup	L - leftover pasta	L - leftover sloppy jose	L - leftover soup	L - mummy hotdogs			crockpot apple sauce
D - chicken parmesan & pasta	D - sloppy jose, zucchini	D - roasted sweet potato & carrot soup salad	D - roasted chicken, polenta, brussels sprouts & bacon	D - jackolantern pizza			