

October 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | | 1 B: Breakfast Casserole L: Chicken Salad Sandwiches D: Beef Enchiladas |
| 2 B: Sausage Bagel Sandwiches L: Mini Pizzas D: Italian Sausage With Bow Tie Pasta | 3 B: English Muffins L: Leftovers D: Glazed Pork Chops | 4 B: Breakfast Burritos L: Soup D: Honey Garlic Shrimp | 5 B: French Toast Sticks L: Cheese Quesadilla D: Thick & Hearty Veggie & Barley Soup | 6 B: Scrambled eggs L: Cobb Salad D: Bow Tie Pasta | 7 B: Cereal L: Peanut Butter & Jelly D: Slow Cooker Pasta e Fagioli Soup | 8 B: Pancakes L: Egg Salad D: Fajita Nachos |
| 9 B: Cinnamon Roll L: Turkey Wraps D: Teriyaki Chicken Rice Bowl | 10 B: Waffles L: Leftovers D: Chicken Alfredo Veggie Bake | 11 B: Fried Eggs L: Soup D: Tex Mex Chicken Casserole | 12 B: Bagels L: Pasta Salad D: Beefy Mac & Cheese | 13 B: Baked Oatmeal L: Tuna Salad D: Oven Drumsticks | 14 B: Breakfast Popsicles/Smoothies L: Tortilla Roll Ups D: Creamy Crockpot Mexican Chicken | 15 B: Breakfast Casserole L: Nachos D: Tuna Melt |
| 16 B: Sausage Bagel Sandwiches L: Chicken Nuggets D: Balsamic Chicken & Veggies | 17 B: English Muffins L: Leftovers D: French Onion Burgers | 18 B: Breakfast Burritos L: Soup D: Subble Pize | 19 B: French Toast Sticks L: Bean & Cheese Burritos D: Pulled Pork Sandwiches | 20 B: Scrambled eggs L: Summer Sausage, Cheese & Crackers D: Smoked Sausage & Potato Hash | 21 B: Cereal L: Macaroni & Cheese D: Slow Cooker Italian Chicken | 22 B: Pancakes L: Chicken Salad Sandwiches D: Italian Baked Hoagies |
| 23 B: Cinnamon Roll L: Mini Pizzas D: Broccoli Cheddar Chicken | 24 B: Waffles L: Leftovers D: Cheesy Ground Beef Casserole | 25 B: Fried Eggs L: Soup D: Italian Sausage & Peppers | 26 B: Bagels L: Cheese Quesadilla D: Portobello Fajitas | 27 B: Baked Oatmeal L: Cobb Salad D: Slow Cooker Balsamic Pot Roast | 28 B: Breakfast Popsicles/Smoothies L: Peanut Butter & Jelly D: Candied Chicken | 29 B: Breakfast Casserole L: Chicken Salad Sandwiches D: Taco Beef Braid |
| 30 B: Sausage Bagel Sandwiches L: Turkey Wraps D: Broccoli Cheese Soup | 31 B: English Muffins L: Leftovers D: Slow Cooker Chili Halloween! | | | | | |