

October

31 Days of Breakfast, I

#month

Sunday		Monday		Tuesday		Wednesday	
					1		2
				B - eggs in a hole		B - oatmeal	
				L - salad		L - minestrone	
				D - jalapeno popper chicken, rice & zucchini		D - sloppy jose, corn	
	6		7		8		9
B - eggs & sausage		B - oatmeal		B - cereal		B - yogurt & fruit	
L - chicken noodle soup		L - minestrone		L - salad		L - grilled cheese, tomato soup	
D - herb roasted pork loin, sweet potatoes green beans		D - chicken burritos		D - chicken pot pie		D - breaded pork chops, rice, broccoli	
	13		14		15		16
B - eggs & sausage		B - cereal		B - oatmeal		B - egg muffins	
L - leftover pasta		L - broccoli cheddar soup		L - leftover soup		L - minestrone	
D - homemade pizza jalapeno poppers		D - pork chops, polenta, green beans		D - black bean & sweet potato chili		D - steak, potatoes zucchini fries	
	20		21		22		23
B - eggs & sausage		B - eggs in a hole		B - oatmeal		B - cereal	
L - salad		L - minestrone		L - chicken noodle soup		L - salad	
D - beef stew with mushrooms		D - chicken enchiladas		D - spaghetti squash with brown butter & sage sauce		D - chicken & rice casserole	
	27		28		29		30
B - eggs & sausage		B - cereal		B - egg muffins		B - oatmeal	
L - grilled cheese french onion soup		L - leftover pasta		L - leftover sloppy jose		L - leftover soup	
D - chicken parmesan & pasta		D - sloppy jose, zucchini		D - roasted sweet potato & carrot soup salad		D - roasted chicken, polenta, brussels sprouts & bacon	

er Menu

Lunch, Dinner & Snacks of meals

Thursday		Friday		Saturday		Snacks
	3		4		5	
B - cereal		B - parfait		B - eggs muffins		carrots & hummus
L - grilled cheese, tomato soup		L - salad		L - leftover pizza		crocpot apple sauce
D - chicken enchiladas		D - homemade pizza		D - roast chicken hassleback potatoes corn & peas		
	10		11		12	
B - egg muffins		B - oatmeal		B - egg muffins		ants on a log
L - chicken noodle soups		L - salad		L - leftover stirfry		apple chips
D - chorizo tacos		D - steak stirfry		D - pasta & marinara		
	17		18		19	
B - yogurt & fruit		B - oatmeal		B - pancakes		chips & salsa
L - leftover chili		L - steak stirfry		L - french onion soup		crocpot apple sauce
D - chicken cutlets pasta with broccoli & parmesan cheese		D - homemade pizza		D - roast chicken roasted fall veggies		
	24		25		26	
B - egg muffins		B - yogurt & fruit		B - pancakes		hummus & carrots
L - chorizo tacos		L - leftover strw		L - salad		ants on a log
D - steak kabobs rice		D - pork chops, rice corn		D - stuffed chicken breast with broccoli and bacon, pasta		
	31					
B - pumpkin pancakes						chips & salsa
L - mummy hotdogs						crocpot apple sauce
D - jackolantern pizza						