

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>\$185.60</h1>				1	2	3
				Buffalo Chicken Strips Oven Baked Fries	Chicken Fajita Bowls with Brown Rice	Spaghetti & Crockpot Spaghetti Sauce Sautéed Green Beans
4	5	6	7	8	9	10
Herb & Garlic Roasted Chicken Corn & Mashed Potatoes	Breakfast For Dinner! 	Cheesy Chicken, Broccoli & Rice Casserole	Shepherd's Pie 	Leftovers 	English Muffin Pizzas Salad	Tortilla Chip Crusted Chicken Fingers Buttered Corn
11	12	13	14	15	16	17
Crockpot Pot Roast NEW!	Columbus Day Canadian Thanksgiving Grilled Cheese & Tomato Soup	Roast Beef Sandwich Salad	Leftovers 	Chicken Cutlets Steamed Broccoli	Crockpot BBQ Chicken Sandwich Sweet Potato Fries	Tater Tot Casserole Mixed Veggies
18	19	20	21	22	23	24
BBQ Chicken Pizza Salad	Macaroni & Cheese Buttered Peas	Leftovers 	Herb Roasted Chicken Breast Broccoli & Cauliflower	Crockpot Vegan Chili NEW!	Chicken & Wild Rice Soup 	Cabbage Rolls NEW!
25	26	27	28	29	30	31
Chicken Parmesan & Pasta NEW!	Leftovers 	20-Minute Tacos Refried Beans NEW!	Teriyaki Chicken Meatballs & Rice Buttered Peas	Egg Fried Rice 	BBQ Meatloaf Mixed Veggies	Happy Halloween Hot Dog Spiders & Baked Beans NEW!

grocery list - week one

October 1-7

Produce	Grocery	Dairy	Meat & Poultry
5 lbs russet potatoes	hot sauce	1 dozen eggs	3 lbs chicken breast
2 yellow onions	1 lb brown rice	1 pt half & half	1 whole chicken
1 green bell pepper	1 lb spaghetti	8 oz shredded cheddar	1 lb ground beef
1 red bell pepper	2, 28 oz crushed tomatoes	16 oz velveeta	Frozen
1 head garlic	2, 28 oz tomato sauce	1 lb butter	1, 10oz peas & carrots
basil	1, 28 oz tomato puree	parmesan cheese	1, 10 oz corn
	1, 32 oz chicken stock		1, 10 oz green beans
			1, 12 oz broccoli pieces
Notes:	<ul style="list-style-type: none"> - Freeze any leftover Spaghetti Sauce for meals later in the month - Make extra mashed potatoes on Sunday for Shepherd's on Wednesday - Save leftover Velveeta for Mac & Cheese later in the month 		
This Weeks Total:	\$51.79		

grocery list - week two

October 8-14

Produce	Grocery	Dairy	Meat & Poultry
1.5 lbs red potatoes	tortilla chips	24-ct sliced cheese	1 lb chicken breast
1 lb carrots	1, 32 oz beef stock	8 oz shredded mozzarella	1, 2-4 lb chuck roast
2 yellow onions	1, 8pk hamburger buns		Frozen
1 head garlic	1, 32 oz tomato puree		1, 10 oz corn
8 oz mushrooms (optional)	1, 32 oz chicken stock		
salad mix	1 loaf bread		
	english muffins		
Notes:	<ul style="list-style-type: none"> - Use leftover Spaghetti Sauce for English Muffin Pizzas - Make and freeze 1 cup extra tomato soup for Cabbage Rolls later in month 		
This Weeks Total:	\$41.79		

grocery list - week three

October 15-21

Produce	Grocery	Dairy	Meat & Poultry
1 red onion	BBQ sauce	1, pt half & half	5 lbs chicken breast
1 bunch cilantro (optional)	1, 10 oz cream of mushroom	8 oz sour cream	1 lb ground beef
salad mix	1, 3pk active dry yeast	1, 8oz cream cheese	Frozen
1 onion	1, 8pk hamburger buns	1 lb butter	tater tots
1 head garlic	1, 16 oz elbow macaroni		1, 10 oz mixed veg
3 large sweet potatoes			1, 10 oz peas
			1, 10 oz broccoli
Notes:	<ul style="list-style-type: none"> - Use leftover Velveeta from Week 1 - Make and freeze extra chicken cutlets for Chicken Parmesan next Sunday 		
This Weeks Total:	\$39.32		

grocery list - week four

October 22-31

Produce	Grocery	Grocery Cont'd	Meat & Poultry
1 head cabbage	2 lbs brown rice	2 BBQ sauce	3 lbs ground beef
4 yellow onions	1, 32 oz chicken stock	1, 10 oz white beans	1 lb chicken breast
2 green bell peppers	2, 10 oz 3 bean mix	apple cider vinegar	1 pk hot dogs
1 head garlic	1, 28 oz petite dice tomatoes	Dairy	Frozen
celery	1, 12 oz hominy	1 pt half & half	1, 10 oz peas
2 jalapeños	1, 28 oz tomato sauce	8 oz shredded mozzarella	2, 10 oz peas & carrots
1 red onion	1, 16 oz penne	8 oz shredded cheddar	1, 10 oz green beans
	taco shells	1 dozen eggs	
	dry pinto beans		
Notes:	<ul style="list-style-type: none"> - Use leftover tomato soup from week 2 for Cabbage Rolls on Saturday - Make extra rice on Friday for Cabbage Rolls on Saturday - Make extra rice on Wednesday for Egg Fried Rice on Thursday 		
This Weeks Total:	\$52.70		