

October 2015 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free</p>				<p>1 Chicken Lasagna Alfredo Salad with Homemade Caesar Dressing</p>	<p>2 - SC Chicken & Dumplings</p>	<p>3 Black Bean Burger Potato Wedges or Chips & Apple Cranberry Slaw</p>
<p>4 - SC/GGF Cheesy Potato Soup</p>	<p>5 Apple Cranberry Walnut Salad</p>	<p>6 Meatball Casserole Salad with Apple Cider Vinaigrette</p>	<p>7 - SC Chicken Pot Pie</p>	<p>8 Butternut Squash and Cranberry Quinoa Salad</p>	<p>9 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette</p>	<p>10 Cheeseburger Pizza</p>
<p>11- SC Creamy & Cheesy Chicken and Rice</p>	<p>12 Mexican Chopped Salad</p>	<p>13 Favorite Apple Chicken Salad</p>	<p>14 - SC Potato & Corn Chowder</p>	<p>15 Chicken Marsala Green Salad</p>	<p>16 - SC Crockpot Taco Soup</p>	<p>17 Tuna Noodle Casserole Green Salad</p>
<p>18 - SC Ham & Bean Soup Cornbread</p>	<p>19 Chicken Mozzarella Pasta Salad with Pomegranate Vinaigrette</p>	<p>20 DIY Pizza Night with Homemade Crust</p>	<p>21 - SC Italian Chicken and Autumn Veggie Soup</p>	<p>22 Meatloaf Salad with Pumpkin Balsamic Vinaigrette</p>	<p>23 Bang, Bang Shrimp Pasta</p>	<p>24 Pasta with Tomato Cream Sauce</p>
<p>25 - SC Chicken Spaghetti Garlic Bread Salad with Cranberry Vinaigrette</p>	<p>26 Persimmon, Pomegranate and Ricotta Salad</p>	<p>27 Loaded Baked Potato and Chicken Casserole</p>	<p>28 - SC Roasted Butternut Squash & Bacon Soup</p>	<p>29 Shredded Chicken Enchilada</p>	<p>30 - SC Pepper Jack Tomato Soup Crackers</p>	<p>31 Autumn Cobb Salad with Smokey Pumpkin Dressing</p>
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Overnight Pumpkin Pie French Toast * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * 20+ Quick & Easy Breakfasts 		<ul style="list-style-type: none"> * Scarecrow Crunch * Monster Munch * 75 Smoothie Recipes * 175+ Snack Options 		<ul style="list-style-type: none"> * Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * Caramel Apple Crisp Bites * S'mores Bites * Pumpkin Snickerdoodles * 200+ GF Cookie Recipes

Created by Annette at [In All You Do](#) for www.homeschoolgiveaways.com