

# February 2016 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <a href="#">Beef and Brocoli Perfect Rice</a>	<b>2</b> <a href="#">Oven Chicken Fajitas Easy Mexican Rice</a>	<b>3</b> SC <a href="#">Slow Cooker Lasagna Green Beans Garlic Bread</a>	<b>4</b> <a href="#">Brussel Sprouts Salad with Bacon, Dried Cranberries, Almonds &amp; Paremesan</a>	<b>5</b> <a href="#">Dan Dan Noodles – P.F. Chang Style Easy Garlic Snap Peas</a>	<b>6</b> <a href="#">Carmelized Onion, Bacon and Spinach Pizza</a>
<b>7</b> SC <a href="#">Crockpot Turkey Chili</a> Crackers of choice	<b>8</b> <a href="#">Sweet Garlic Chicken</a> Corn	<b>9</b> <a href="#">Layered Salad</a> (easy make ahead meal)	<b>10</b> SC <a href="#">Chicken and Corn Chowder</a>	<b>11</b> <a href="#">Taco Bake</a> Salad	<b>12</b> <a href="#">Crab Cakes Twice Baked Potatoes Lemon Parmesan Asparagus</a>	<b>13</b> <a href="#">Baked Chicken Chimichangas Easy Mexican Rice Salad</a>
<b>14</b> SC <a href="#">Best Ever Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette</a>	<b>15</b> <a href="#">Classic Chicken Caesar Salad</a>	<b>16</b> <a href="#">Italian Beef Pizza</a>	<b>17</b> SC <a href="#">Crock Pot Macaroni &amp; Cheese</a>	<b>18</b> <a href="#">One Pan Balsamic Chicken and Veggies</a> Salad	<b>19</b> SC <a href="#">Crockpot Seafood Stew</a>	<b>20</b> <a href="#">Chinese Honey Chicken Perfect Rice</a>
<b>21</b> SC <a href="#">Slow Cooker Cheeseburger Soup</a>	<b>22</b> <a href="#">Salsa Verde Chicken Enchiladas</a> Salad	<b>23</b> <a href="#">Honey Garlic Salmon Lemon Parmesan Asparagus</a>	<b>24</b> SC <a href="#">Easy Slow Cooker Shredded Mexican Chicken</a>	<b>25</b> <a href="#">Cheeseburger Salad</a> (make beef ahead)	<b>26</b> SC <a href="#">Slow Cooker Pepperoni Pizza Bake</a> Salad	<b>27</b> <a href="#">General Tso's Chicken Perfect Rice</a>
<b>28</b> SC <a href="#">Easy Crock Pot Meatloaf Recipe</a> Salad with <a href="#">Red Onion Dressing</a>	<b>29</b> <a href="#">Cheesy Chicken with Cheddar Broccoli Rice Casserole</a>				SC = Slow Cooker GF = Gluten-Free	<b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free

## Breakfast Options:

- \* [40+ Gluten-Free Breakfasts Recipes](#)
- \* [50 Slow Cooker Breakfasts](#)
- \* [Apple, Pear & Almond Baked Oatmeal](#)
- \* [Crock Pot French Toast](#)

## Snack Options:

- \* [30+ Family Movie Night Snacks](#)
- \* [65 THM Snacks](#)
- \* [Self-Serve Healthy Kid Snacks](#)
- \* [175+ Snack Options](#)

## Lunch Options:

- \* Try these [15 Recipes for Teaching Kids to cook](#)
- \* [150+ Gluten-Free Lunch Ideas](#)
- \* [30 Quick & Easy Lunches](#)

## Dessert Options:

- \* [35+ Homemade Hot Chocolate](#)
- \* [25 Cookie & Candy Recipes](#)
- \* [30+ Valentine's Day Recipes](#)
- \* [Sugar-Free Chocolate Recipes](#)