

OCTOBER 2017 MENU PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SC Italian Chicken and Autumn Veggie Soup	2 Meatball Casserole Salad with Apple Cider Vinaigrette	3 Chicken Marsala Green Salad	4 SC Potato & Corn Chowder	5 Autumn Cobb Salad with Smokey Pumpkin Dressing	6 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette	7 Black Bean Burger Potato Wedges or Chips & Apple Cranberry Slaw
8 SC Cubed Steak with Gravy Southern Green Beans Mashed Potatoes	9 Apple Cranberry Walnut Salad	10 Shredded Chicken Enchilada	11 SC Crockpot Taco Soup	12 Favorite Apple Chicken Salad	13 SC Pumpkin Chili Crackers	14 Cheeseburger Pizza
15 SC Creamy & Cheesy Chicken and Rice	16 Tuna Noodle Casserole Green Salad	17 Pasta with Tomato Cream Sauce	18 SC Ham & Bean Soup Cornbread	19 Mexican Chopped Salad	20 Bang, Bang Shrimp Pasta	21 Butternut Squash and Cranberry Quinoa Salad
22 SC/GGF Cheesy Potato Soup	23 Persimmon, Pomegranate and Ricotta Salad	24 Loaded Baked Potato and Chicken Casserole	25 SC Roasted Butternut Squash & Bacon Soup	26 SC Chicken & Dumplings	27 Meatloaf Salad with Pumpkin Balsamic Vinaigrette	28 Chicken Mozzarella Pasta Salad w/ Pomegranate Vinaigrette
29 SC Pepper Jack Tomato Soup Crackers	30 DIY Pizza Night with Homemade Crust	31 Chicken Pot Pie			SC = Slow Cooker	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Overnight Pumpkin Pie French Toast * Clean Eating Crockpot Overnight Pumpkin Spice Oatmeal * 44 Oatmeal Recipes for Fall & Winter		* Scarecrow Crunch * Monster Munch * 75 Smoothie Recipes * 175+ Snack Options		* Homeschool Lunches Made Easy * Instant Pot Recipes for Fall * 20 Yummy Fall Soups * 30 Quick & Easy Lunches		* Caramel Apple Crisp Bites * S'mores Bites * Pumpkin Snickerdoodles * 60+ Pie Recipes

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