

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Breakfast: Sausage Egg Bake Lunch: Glazed Pork Loin -OR- Chicken Alfredo Bake Dinner: Beef Roast -OR- Chicken Alfredo Bake	2 Breakfast: Scrambled Eggs and Cheese Lunch: Fish Sandwich -OR- Egg Salad Sandwich Dinner: Cheese Ravioli with Mariana Sauce -OR- Egg Salad Sandwich	3 Breakfast: Toasted Bagel with Cream Cheese Lunch: Chicken Wild Rice Hotdish -OR- Tuna Salad Sandwich Dinner: Vegetable Beef Soup -OR- Tuna Salad Sandwich	4 Breakfast: Cinnamon French Toast Lunch: Swedish Meatballs -OR- Hot Dog on a Bun Dinner: Popcorn Chicken Bowl -OR- Hot Dog on a Bun
5 Breakfast: Pumpkin Pancakes Lunch: Turkey Cutlet with Mushroom Sauce -OR- Warm Turkey & Cheese Croissant Dinner: Ham and Potato Soup -OR- Warm Turkey & Cheese Croissant	6 Breakfast: Breakfast Burrito Lunch: Brown Sugar Glazed Pork Chop -OR- White Chicken Chili Dinner: Meatloaf -OR- White Chicken Chili	7 Breakfast: Fruit and Yogurt Parfait with Granola Lunch: Chicken Drumsticks -OR- Deli Sandwich Dinner: BBQ Pulled Pork Mac and Cheese -OR- Deli Sandwich	8 Breakfast: Ham and Cheese Quiche Lunch: Shredded Beef French Dip Sandwich -OR- Baked Ziti Dinner: Country Fried Chicken -OR- Baked Ziti	9 Breakfast: Scrambled Eggs and Cheese Lunch: Three Cheese Flatbread Pizza -OR- Egg Salad Sandwich Dinner: Tuna Noodle Casserole -OR- Egg Salad Sandwich	10 Breakfast: Toasted Bagel with Cream Cheese Lunch: Beef Stroganoff -OR- Tuna Salad Sandwich Dinner: Chicken Cordon Bleu Hotdish -OR- Tuna Salad Sandwich	11 Breakfast: Cinnamon French Toast Lunch: Creamy Turkey Wild Rice Soup -OR- Hot Dog on a Bun Dinner: Sweet and Sour Meatballs -OR- Hot Dog on a Bun
12 Breakfast: Strawberry Shortcake Pancakes Lunch: Sloppy Joe's -OR- Warm Ham & Cheese Croissant Dinner: Corn Chip Chicken -OR- Warm Ham & Cheese Croissant	13 Breakfast: Sausage, Egg & Cheese Croissant Lunch: Ham Mac & Cheese Bake -OR- Chili Dinner: Brat Burger on a Bun -OR- Chili	14 Breakfast: Fruit and Yogurt Parfait with Granola Lunch: Beef Stew -OR- Deli Sandwich Dinner: Creamy Chicken Noodle Soup -OR- Deli Sandwich	15 Breakfast: Biscuits and Gravy Egg Bake Lunch: Turkey Pot Pie with Flaky Crust –OR- Chicken Alfredo Bake Dinner: Cheeseburger Hotdish -OR- Chicken Alfredo Bake	16 Breakfast: Scrambled Eggs and Cheese Lunch: Marinated Shrimp -OR- Egg Salad Sandwich Dinner: Cheese Lasagna -OR- Egg Salad Sandwich	17 Breakfast: Toasted Bagel with Cream Cheese Lunch: Teriyaki Glazed Pork Loin -OR- Tuna Salad Sandwich Dinner: Beef Enchiladas -OR- Tuna Salad Sandwich	18 Breakfast: Cinnamon French Toast Lunch: Spaghetti & Meatballs -OR- Hot Dog on a Bun Dinner: Honey Mustard Chicken Sandwich -OR- Hot Dog on a Bun
19 Breakfast: Chocolate Chip Pancakes Lunch: BBQ Beef on a Bun -OR- Warm Ham & Cheese Croissant Dinner: Oven Roasted Chicken Thighs -OR- Warm Ham & Cheese Croissant	20 Breakfast: Canadian Bacon, Egg & Cheese Croissant Lunch: Ham and Scaloped Potatoes -OR- Chili Dinner: Salisbury Steak -OR- Chili	21 Breakfast: Fruit and Yogurt Parfait with Granola Lunch: Chicken & Dumplings -OR- Deli Sandwich Dinner: Roasted Turkey -OR- Deli Sandwich	22 Breakfast: Quiche Lorraine Lunch: Pork Chop in Mushroom Gravy -OR- Chicken Alfredo Bake Dinner: Beef Chow Mein Hotdish -OR- Chicken Alfredo Bake	23 Breakfast: Scrambled Eggs and Cheese Lunch: Cheese Ravioli Alfredo with Shrimp -OR- Egg Salad Sandwich Dinner: Cheesy Broccoli Soup -OR- Egg Salad Sandwich	24 Breakfast: Toasted Bagel with Cream Cheese Lunch: Italian Pulled Pork Sandwich -OR- Tuna Salad Sandwich Dinner: Eggs Benedict Casserole -OR- Tuna Salad Sandwich	25 Breakfast: Cinnamon French Toast Lunch: Chicken Salad Wrap -OR- Hotdog on a Bun Dinner: Goulash -OR- Hot Dog on a Bun
26 Breakfast: Pancakes Lunch: Honey Glazed Ham -OR- Warm Turkey & Cheese Croissant Dinner: Stuffed Pepper Soup -OR- Warm Turkey & Cheese Croissant	27 Breakfast: Breakfast Burrito Lunch: Balsamic Chicken -OR- White Chicken Chili Dinner: Turkey Tetrazzini -OR- White Chicken Chili	28 Breakfast: Fruit and Yogurt Parfait with Granola Lunch: Beef Roast -OR- Deli Sandwich Dinner: Smothered Pork Chops -OR- Deli Sandwich	29 Breakfast: Western Egg Bake Lunch: Turkey Broccoli Casserole -OR- Baked Ziti Dinner: Taco in a Bag -OR- Baked Ziti	30 Breakfast: Scrambled Eggs and Cheese Lunch: Tomato Basil Soup -OR- Egg Salad Sandwich Dinner: Glazed Salmon -OR- Egg Salad Sandwich	31 Breakfast: Toasted Bagel with Cream Cheese Lunch: Hamburger Gravy Over Mashed Potatoes -OR- Tuna Salad Sandwich Dinner: Stuffing Topped Chicken -OR- Tuna Salad Sandwich	