

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