

# October 2013

*My Six Chicks*  
mysixchicks.weebly.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Eggs in a basket/ grapes Pannekoeken/ pear preserves	<b>2</b> Cream Cheese muffins Potato soup/ zucchini sticks	<b>3</b> Yogurt and toast Mac and beef in freezer	<b>4</b> Smoothies and toast Pizza and celery sticks	<b>5</b>
<b>6</b>	<b>7</b> Oatmeal Braised chicken/ rolls/potatoes	<b>8</b> Granola Pancakes and canned peaches	<b>9</b> Pancakes Chili in freezer	<b>10</b> Pancakes Risotto in freezer	<b>11</b> Pancakes Pizza	<b>12</b>
<b>13</b>	<b>14</b> Oatmeal Spaghetti and rolls	<b>15</b> Scrambled eggs or breakfast cas- serole Waffles/pears	<b>16</b> Waffles Chili	<b>17</b> Waffles/canned peaches Spanish tortilla and salad	<b>18</b> Smoothies and toast Pizza	<b>19</b>
<b>20</b>	<b>21</b> Oatmeal Tortilla soup	<b>22</b> French toast and canned peaches Eggs	<b>23</b> French toast Fajita salad	<b>24</b> French toast and canned pears Sauteed tilapia/ lemon butter	<b>25</b> Cream cheese muffins/apples Pizza	<b>26</b>
<b>27</b>	<b>28</b> Oatmeal Pozole	<b>29</b> Granola Crepes with ap- ples, pear pre- serves, chicken	<b>30</b> Cream cheese muffins Lemon butter chicken/noodles	<b>31</b> Scrambled eggs Sausage and beans, rice, corn- bread		