

◀ Sep 2014		~ October 2014 ~					Nov 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Egg Muffins (freezer or make our own) Carrots and dip Spaghetti w/lentil sauce in freezer/breadsticks in freezer	2 Cereal Fruit roll-ups Chicken tacos-freezer and basement.	3 Smoothie Hard boiled eggs Pizza/salad	4	
5	6 Oatmeal Applesauce or canned apples Potatoes primavera- Meatless Monday	7 Cereal Hard boiled eggs Pancakes	8 Pancakes Carrots/dip Chef salad	9 Pancakes Fruit roll-ups Crockpot potato soup	10 Smoothies Peanut butter and pretzels Pizza/salad	11	
12	13 Oatmeal Hard boiled eggs Teriyaki broccoli/peppers/water chestnuts over rice	14 Cereal Carrots/dip Waffles	15 Waffles Applesauce Dippy Darin/salad	16 Waffles Fruit roll-ups Crockpot posole w/the bbq chicken?	17 Smoothies Peanut butter and pretzels Pizza/salad	18	
19	20 Oatmeal Carrots/dip Broccoli soup	21 Cereal Applesauce Eggs	22 Egg burritos Fruit roll-ups Broccoli tuna casserole – Ham Helper, also prep Thurs dinner	23 Muffins Hard boiled eggs Crockpot corn potato chowder	24 Smoothies Carrots/dip Pizza/salad	25	
26	27 Oatmeal Fruit roll-ups Quiche	28 Cereal Carrots/dip Crepes-canned apples, applesauce	29 Crepes/Cereal Applesauce Chicken nachos with BBQ chicken/salad/refried beans	30 Cereal Peanut butter/pretzels Crockpot chili	31 Smoothies Hard boiled eggs Pizza	Notes:	

More Calendars from WinCalendar: [Nov 2014](#), [Dec 2014](#), [Jan 2015](#)