

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chicken Parm Spaghetti Salad	2 Grilled fish Rice salad	3 Pizza night	4
5 Grilled chicken Pasta salad	6 Burgers Coleslaw Potato salad <small>Labor Day</small>	7 Taco night	8 Sloppy Joe's Potatoes Broccoli	9 Soup and sandwich	10 Pork chops Mac & cheese Broccoli	11
12 Roast chicken Potatoes Green beans	13 Baked pasta casserole	14 Salmon Rice Mixed veggies	15 Breakfast for dinner	16 Beef, chicken or veggie fried rice	17 Sausage sheet pan meal	18
19 White turkey or chicken chili	20 Make your own chef's salad	21 Quesadillas	22 Ground beef or turkey skillet	23 Slow cooker chicken	24 Grilled chicken Chopped salad	25
26 Lasagna Salad Bread	27 Shrimp & veggie skillet	28 Baked chicken Mashed potatoes Green beans	29 Fajitas	30 Sausage stuffed squash		