

# September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10 Pasta with Marinara sauce and apple sauce	11 Tomato soup with grilled cheese	12 BBQ Pulled pork (mushrooms) with carrots and ranch	13 Grilled chicken (eggplant) with lemon broccoli	14	15
16	17 Macaroni and cheese with apples	18 Coconut vegetable soup	19 Turkey amd cheese (veggie patty and cheese) roll ups with apple sauce	20 Chicken stir fry over rice	21	22
23	24 C heesey baked penne with applesauce	25 vegetable soup	26 Cheese quesadilla with mexican rice	27 Grilled chicken with grilled zucchini, squash and eggplant	28	29
30	1	<b>NOTES</b>				