

# SEPTEMBER Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PORK RIBS MAC & CHEESE BROCCOLI	CHICKEN NUGGETS MASHED POTATOES GREEN BEANS	TACOS WITH RICE & BEANS CHIPS & GUAC	1 CORNED BEEF WITH CABBAGE PEACH PUDDING	2 GRILLED CHEESE SANDWICHES & TOMATO SOUP	3 LASAGNA GARLIC CHEESE BREAD	4 BREAKFAST FOR DINNER
5 LASAGNA GARLIC CHEESE BREAD	6 GRILLED CHEESE SANDWICHES & TOMATO SOUP	7 PORK RIBS MAC & CHEESE BROCCOLI	8 TACOS WITH RICE & BEANS CHIPS & GUAC	9 BREAKFAST FOR DINNER	10 CHICKEN NUGGETS MASHED POTATOES GREEN BEANS	11 OUT TO EAT
12 CHICKEN NUGGETS MASHED POTATOES GREEN BEANS	13 GRILLED CHEESE SANDWICHES & TOMATO SOUP	14 LASAGNA GARLIC CHEESE BREAD	15 PORK RIBS MAC & CHEESE BROCCOLI	16 CORNED BEEF WITH CABBAGE PEACH PUDDING	17 GRILLED CHEESE SANDWICHES & TOMATO SOUP	18 LASAGNA GARLIC CHEESE BREAD
19 PORK RIBS MAC & CHEESE BROCCOLI	20 OUT TO EAT	21 PORK RIBS MAC & CHEESE BROCCOLI	22 CORNED BEEF WITH CABBAGE PEACH PUDDING	23 OUT TO EAT	24 CHICKEN NUGGETS MASHED POTATOES GREEN BEANS	25 TACOS WITH RICE & BEANS CHIPS & GUAC
26 OUT TO EAT	27 CORNED BEEF WITH CABBAGE PEACH PUDDING	28 TACOS WITH RICE & BEANS CHIPS & GUAC	29 LASAGNA GARLIC CHEESE BREAD	30 PORK RIBS MAC & CHEESE BROCCOLI	GRILLED CHEESE SANDWICHES & TOMATO SOUP	BREAKFAST FOR DINNER

