

PERPETUAL MEAL PLAN - FALL 2024

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S	Eggs, Hash Browns, Sausage or Bacon, English Muffins	FREE CHOICE	1	Spaghetti or Chicken Parmesan Salad or Veggies, Garlic Bread SEPT 1st - AMERICAN CHESS DAY OCT 1st - VEGETARIAN DAY/ HOMEMADE COOKIES DAY NOV 1st - NAT CALZONE DAY/ ALL SAINT'S DAY - See Notes <i>Chess Pie, Cookies or Pretzels</i>
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	2	Unstuffed Cabbage Rolls Salad, Green Beans, Fried Potatoes SEPT. 2nd WORLD COCONUT DAY OCT 2nd - NATIONAL KALE DAY NOV 2nd - ALL SOUL'S DAY/ DAY OF THE DEAD - See Notes <i>Coconut Cake or Coconut Pie</i>
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	3	BLTs or Sandwiches Veggie Tray, Pickles, <i>Cookies</i> <i>or Cold Plate Dinner (See Notes)</i> NOV 2nd - NATIONAL SANDWICH DAY
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	4	Tacos or Nachos Rice & Beans, Guacamole Veggies for Toppings, Fried Corn OCT 4th - TACO DAY/CINNAMON ROLL DAY ST. FRANCIS of ASSISI FEAST DAY NOV 4th - NATIONAL CANDY DAY <i>Mostaccioli Cookies for St. Francis of Assisi Feast</i>
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	5	FREE CHOICE DAY SEPT 5th - NATIONAL CHEESE PIZZA DAY
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	6	Chicken Strips or Nuggets, French Fries, Chips, or Onion Rings, Salad or Fried Mushrooms SEPT 6th - NATIONAL LAZY MOM'S DAY OCT 6th - NATIONAL NOODLE DAY NOV 6th - NATIONAL NACHOS DAY <i>Oatmeal Cookies or Crème Pies</i>
S	Chipped Beef or Biscuits N Gravy, Sausage, Eggs	LEFTOVERS Or FREE CHOICE	7	FREE CHOICE GRILL NIGHT SEPT 7th - NATIONAL SALAMI DAY OCT 7th - NATIONAL FRAPPE DAY NOV 7th - MEN MAKE DINNER DAY

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S	Breakfast Burritos, Sandwiches, or Wraps w/Cheese, Veggies, Eggs, Bacon or Sausage, Fruit	FREE CHOICE	8	Potato, Tortellini, Chicken, or Lentil Soup, Buttered Bread or Chips NOV 8th - NATIONAL CAPPUCCINO DAY
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	9	Sauteed Pork or Philly Cheesesteaks Salad or Slaw, Onions & Mushrooms
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	10	FREE CHOICE DAY
W	Muffins, Bagels or Toast w/ Eggs & Grits	Leftovers Pudding or Applesauce	11	Roast Quail or Baked chicken, Brussel Sprouts, Deviled Eggs Corn Pudding or Carrot Souffle SEPT 11th - PATRIOT DAY - See Notes * OCT 11th - WORLD EGG DAY NOV 11th - SUNDAE DAY/VETERAN'S DAY**
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	12	Creamy Ranch Pork Chops or Mustard Crusted Pork Chops, Mashed Potatoes, Veggies SEPT 12th NAT. CHOCOLATE MILKSHAKE DAY
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	13	Daddy Can't Wait Casserole Or Tater Tot Casserole Mashed potatoes, Fried squash, Succotash SEPT 13th - CHOCOLATE & PEANUT DAY <i>Swiss Cake Roll Pudding Dessert</i>
S	Waffles, Fried Pancakes w/syrup, Eggs, Bacon or Sausage	LEFTOVERS or FREE CHOICE	14	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE NOV 14th - NATIONAL PICKLE DAY

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S	Quiche or Breakfast Casserole, Fruit, Toast	FREE CHOICE	15	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE SEPT 15 TH WIFE APPRECIATION DAY OCT 15 TH - NATIONAL MUSHROOM DAY NOV 15 TH - CLEAN OUT YOUR FRIDGE DAY
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	16	Burritos, Quesadillas, Wraps, or Easy Bean Tostadas, Rice, Salad SEPT 16 TH - NAT GUACAMOLE DAY OCT 16 TH - WORLD FOOD DAY NOV 16 TH - NATIONAL FAST-FOOD DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	17	Chicken Casserole or Chicken Alfredo Squash or Veggies, Potatoes OCT 17 TH NATIONAL PASTA DAY NOV 17 TH - NAT HOMEMADE BREAD DAY
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	18	Hamburgers or Hotdogs Smushed Taters, Slaw, Fruit SEPT 18 TH -NATIONAL CHEESEBURGER DAY OCT 18 TH - ALASKA DAY
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	19	FREE CHOICE GRILL NIGHT NOV 19 TH - NAT MACCHIATO DAY/ William's Birthday - See Notes
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	20	Pizza or Taco Ring w/Salad SEPT 20 TH - QUESO/PEPPERONI PIZZA DAY
S	Cinnamon Roll or Coffee Cake, eggs, bacon	Corn Dogs Mac N Cheese Veggies or Fruit	21	Fried Chicken or Fried Pork Chops Potato Salad, Baked Beans Macaroni & Cheese, Veggies SEPT 21 ST - EAT AN APPLE DAY/CHAI DAY OCT 21 ST - NATIONAL APPLE DAY

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S	Stuffed Omelets (Veggies & Meats), cottage cheese & Fruit, Toast	FREE CHOICE	22	Chicken & Rice Or Cream Cheese Chicken Steamed Veggies, Salad, or Slaw SEPT 22ND See Hobbit Day Notes OCT 22ND - NATIONAL NUT DAY
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	23	Smoked or Grilled Meat Baked Beans, Potato Salad Pepper Poppers, Fresh Corn NOV 23RD - NATIONAL ESPRESSO DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	24	BLTs or Sandwiches Veggie Tray, Pickles, <i>Cookies</i> or Cold Plate Dinner (<i>see notes</i>) OCT 24TH - NATIONAL BOLOGNA DAY
W	Muffins, Bagels or Toast with Eggs & Cheesy Grits	Leftovers Pudding or Applesauce	25	FREE CHOICE DAY SEPT 25TH - NATIONAL LOBSTER DAY OCT 25TH - WORLD PASTA DAY NOV 25TH - NATIONAL PARFAIT DAY
TH	Pancakes w/syrup Fruit or Yogurt Milk or Juice	Sandwiches or Quesadillas, Soup or Salad, Fruit	26	Smothered Steaks or Burgers Baked Potatoes, Cole Slaw SEPT 26TH JOHNNY APPLESEED/DUMPLING DAY OCT. 26TH - NATIONAL PUMPKIN DAY NOV 26TH - NATIONAL CAKE DAY <i>Apple Dumplings or Pumpkin Whoopie Pies</i>
F	Cereal or Oatmeal Fruit or Yogurt Milk	Tuna or Chicken Salad Toast or Crackers, Veggies or Fruit w/Cottage Cheese	27	Broiled Tilapia or Fish w/Honey Mustard Glaze, steamed asparagus or cauliflower, Baked Sweet Potatoes
S	Monkey Bread, Eggs & Grits, Fruit	FREE CHOICE or Weenie Roast, S'mores, all the fixings.... (5th Saturdays!)	28	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE OCT 28TH - NAT CHOCOLATE DAY NOV 28TH - NAT FRENCH TOAST DAY

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DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S	Eggs w/Chorizo & sauteed veggies, queso fresco, corn tortillas or Eggs, Beans, Meat, Toast	FREE CHOICE	29	PANTRY CHALLENGE, LEFTOVERS, FREEZER COOKING, OR TRY A NEW RECIPE SEPT 29 TH - NATIONAL COFFEE DAY OCT 29 TH - NATIONAL OATMEAL DAY <i>Coffee Pudding or Jelly, Coffee Bar</i>
M	Cereal or Oatmeal Fruit or Yogurt Milk	Egg Sandwiches or Egg Salad Toast or Crackers Veggies, Cookie	30	Chicken N' Dumplings or Chicken N' a Biscuit Salad, Garlic Bread OCT 30 TH - BREADSTICK/CANDY CORN DAY NOV 30 TH - ST. ANDREWS DAY
T	French Toast Fruit or Yogurt Milk or Juice	Sandwiches, or Meat & Cheese Cold Plate, Fruit or Veggies	31	Pintos or Red Beans & Rice Greens, Rice, or Fried Potatoes, Corn Bread or Biscuits OCT 31 ST - ALL HALLOW'S EVE/ HALLOWEEN - See Notes
COLD PLATE DINNERS	Cold Sliced Meats or Meat Salad Pasta, Potato, or Veg. Salad or Slaw Toast or Crackers, Pickled Food Fresh Fruit, Cottage Cheese <i>Jello, Congealed Salad, or Pudding</i>		Friday the 13th	<u>GOOD LUCK MEAL</u> BBQ Pork Ribs Black eyed peas, greens or Good Luck Salad, ** hoe cakes Pineapple Upside Down Cake <i>** arrange salad toppings in horseshoe shape</i>
5TH SATURDAYS	<u>WEENIE ROAST</u> Hot dogs roasted over fire w/ all the fixings Potato Salad or Chips, Baked Beans S'mores		LABOR DAY	Hot Dogs, Hamburgers Baked Beans, Potato Salad, Corn Deviled Eggs, Cucumber & Tomato Salad Sweet Tea, Lemonade <i>Banana Pudding or Apple Sonker</i>
Campfire Meals	Hobo Packets (burgers, potatoes, veg) Chicken Foil Packets Cabbage & Sausage Foil Packets Asparagus & Salmon Packets Shrimp Boil Packets		SEPT 11th	<u>PATRIOT DAY</u> BBQ Ribs & Chicken Potato Salad, Baked Beans, Macaroni & Cheese, Watermelon Lemonade, Sweet Tea <i>Red, White, & Blue Themed Dessert</i>
			COLUMBUS DAY	Grilled Pork Chops w/Greens Eggplant Parmesan or Italian Shakshuka Caprese Salad, Bruschetta <i>Cannoli's or Indian Pudding w/Vanilla Ice Cream</i>

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SPECIAL MEAL NOTES

HOBBIT DAY	<p><u>7am - Breakfast</u> Quiche or Omelets, Biscuits, Honey Cakes</p> <p><u>9am - 2nd Breakfast</u> French Toast, Fried Apples, Bacon</p>	NOV 10 TH	<p><u>Bella's Birthday Dinner</u> Fried Catfish French Fries, Mac N Cheese Salad, Hushpuppies <i>Red Velvet w/Cream Cheese Icing, Ice Cream</i></p>
	<p><u>11am - Elevenses</u> Lembas Bread, Shortcakes, or Muffins</p> <p><u>1pm - Luncheon</u> Potato Soup, Chicken Salad Sandwiches</p> <p><u>3pm - Afternoon Tea</u> Pastries, Cookies, & Tea</p>	VETERAN'S DAY	<p><i>Hot Fudge Sundae Cake</i></p>
	<p><u>6pm - Dinner</u> Beef, Roasted Veggies, Potatoes Stuffed Mushrooms, Sourdough</p> <p><u>8pm - Supper</u> Cold Plate Dinner, Pickled Eggs <i>Blackberry Pig In a Poke w/Caramel Sauce</i></p>	NOV 19 TH	<p><u>William's Birthday Day</u> Hamburgers and Hot dogs Chips, Pasta Salad Tomato & Cucumber Salad Chocolate Cake w/PB Frosting, Ice Cream</p>
DAYS OF THE DEAD	<p><u>10/31 - All Hallows Eve</u> WEENIE ROAST or 'Goblins' in Blankets Ranch Potato Wedges, Chick Pea & Pumpkin Soup <i>Soul Cakes or Doughnuts</i> <i>Caramel Apples & Popcorn Balls</i> Apple Cider</p>	NOV 26 th	<p><u>Konner's Birthday Dinner</u> <i>Red Velvet Cheesecake, Ice Cream</i></p>
	<p><u>11/1 - ALL SAINT'S DAY</u> Roast Chicken or Ham Creamy Cabbage & Sausage Corn Pudding, Carrot Souffle <i>Pretzels & Crème Puffs,</i> <i>4 Layer Pumpkin Cake</i></p> <p><u>11/2 - ALL SOUL'S DAY/</u> <u>DIA de LOS MUERTOS</u> Chicken or Pork Tamales Gorditas, Chicken Mole, or Pozole Salad, Beans, Rice, Guacamole Sweet Potato Croquettes, <i>Pan Dulce, Flan, Tres Leche Cake</i> <i>Hot Chocolate</i></p>	THANKSGIVING	<p>Roast or Fried Turkey w/Stuffing Honey Glazed Ham w/Pineapples *****</p> <p>Deviled Eggs, Charcuterie Tray Carrot Souffle, Congealed Salad Corn Pudding, Cranberry Relish Fresh Greens, Green Bean Casserole Mashed Potatoes w/Turnips Mac N Cheese, Broccoli N Cheese Bread Cornucopia, Flavored Butters <i>Cheesecake, Chocolate Pie,</i> <i>Lemon Meringue Pie, Pecan Pie,</i> <i>Pumpkin Pie, Pumpkin Roll</i> Lemonade, Sweet Tea</p>

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SPECIAL MEAL NOTES			

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Seasonal Produce Guide

***some items may be available year-round in your area.*

	Veggies			Fruits	
Winter	Beets	Greens	Pumpkin	Apples	Kiwi
	Brussels	Lettuce	Rutabagas	Avocados	Lemons/Limes
	Cabbage	Onions	Turnips	Bananas	Oranges
	Carrots	Parsnips	Winter Squash	Pineapple	Pears
	Celery	Potatoes	Yams	Grapefruit	
Spring	Artichokes	Green Beans	Radishes	Apples	Pineapple
	Asparagus	Lettuce	Spinach	Apricots	Lemons/Limes
	Broccoli	Mushrooms	Sweet Peppers	Avocados	Rhubarb
	Cabbage	Onions	Swiss Chard	Bananas	Strawberries
	Carrots	Peas	Turnips	Kiwi	
Summer	Artichokes	Corn	Onions	<i>All Spring Fruits +</i>	
	Beets	Cucumbers	Peppers	Berries	Melons
	Bell Peppers	Eggplants	Summer Squash	Cherries	Peaches
	Carrots	Green Beans	Tomatoes	Dates	Plums
	Celery	Okra		Mangoes	
Fall	<i>Most Winter Veggies +</i>			Apples	Lemons/Limes
	Broccoli	Lettuce		Bananas	Mangoes
	Cauliflower	Mushrooms		Cranberries	Pears
	Green Beans	Peas		Grapes	Pineapple
	Kale	Spinach		Kiwi	

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Breakfast & Free Choice Idea List

Add Ins for: Breads * Muffins * Pancakes * Cobblers	Other Breakfast Ideas	Fillings for: Sandwiches * Wraps * Burritos
<p>Fruit</p> <p>Cinnamon</p> <p>Zucchini</p> <p>Oatmeal</p> <p>Raisin</p> <p>Choc Chip</p> <p>Pumpkin</p> <p>Nuts</p> <p>Applesauce</p>	<p>Shortcakes</p> <p>Fruit Salad</p> <p>Smoothies</p> <p>Cobblers</p> <p>Breakfast Cookies</p> <p>Rice Pudding</p> <p>Quiche</p> <p>Donuts</p> <p>Corned Beef Hash</p> <p>Bird Nests/Toad in a Hole</p>	<p>Veggies</p> <p>Egg</p> <p>Cheese</p> <p>Beans</p> <p>Meats</p>
Free Choice Ideas:	NEW IDEAS TO TRY:	
<p>Chili Dogs Ham & Cheese Sliders</p> <p>Corn Dogs Meatballs</p> <p>Burritos Pigs in a blanket</p> <p>English Muffin Tostadas</p> <p>Pizzas Open-Face Sandwiches</p> <p>Hot Dogs</p> <p>Pizza</p> <p>Rolls/Pockets</p>		

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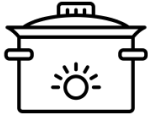





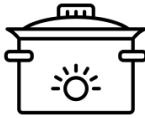









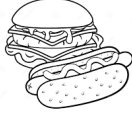













Plan according to what fruits & veggies are available.

Desserts & Snacks Idea List

Cakes		Cookies	Pies	Puddings, Gelatins, Misc.
Carrot	Cobblers/Sonkers	7 layer	Vinegar	Congeaed Salads
Angel Food	Salted Caramel	No Bake	Buttermilk	Banana Splits
Coconut	Pumpkin/ Pumpkin Roll	Oatmeal	Coconut	Cream Puffs
Funnel	Applesauce	Pizzelles	Lemon	Pig In a Poke
Earthquake	Mississippi Mud	Peanut Butter	Kool -Aid	Fruit Pizza/Crisps
Lemon	Shortcakes	Choc. Chip	Peanut Butter	Indian Pudding
Pound/Sponge	Chocolate	Whoopie Pies	Fruit	Ambrosia
Strawberry	Cheesecake	S'mores	Choc. Pecan	Dirt Cake
Hot Fudge Sundae		Brownies	Pumpkin	Rice Pudding
Pineapple Upside Down		Pumpkin	Pecan	Caramel Popcorn
Dump Cakes			Shoo Fly	Banana Split Dessert
Red Velvet			Fried	Cream Puffs
Tres Leche			Pudding	Banana Pudding
NEW DESSERTS TO TRY:			Pig Out	Chocolate Éclair
		Candies		Baked Alaska
		Oreo Balls		Ice Cream Floats
		Fudge		Puddings
		Candy Eggs		Sopapillas
				Ice Cream

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Plan according to what fruits & veggies are available.

1 	2 	3  BLT Sandwich	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24  BLT Sandwich	25 	26 	27 	28 
29 	30 	31 	<p><u>Mondays</u> Meal Prep Days <u>Pantry Challenge Days: 14,15,28,29</u> Freezer Cooking, Big Batch Cooking</p>			

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Big Batch/Meal Prep/Freezer Cooking Meal Ideas for Pantry Challenge Days

BREAKFAST	LUNCH/DINNER	OTHER
Amish Friendship Bread	Bean & Cheese Burritos	Baked Rolls
Biscuits & Gravy	Beef or Chicken Fajitas	Cooked Meats
Blueberry Muffins	Beef Stroganoff	Cookie Doughs
Breakfast 'Hot Pockets'	Cheesesteak Casserole	Dandy Morning Coffee
Breakfast Burritos	Chicken Broccoli Alfredo Bake	Freezer Apple Crisp
Breakfast in a Cup	Chicken Enchiladas	Fried Rice
Coffee Cakes	Chicken Noodle Soup	Jalapeno/Garlic Bread
Freezer Fruit Bread	Chicken Pot Pie	Pizza Dough
French Toast/Pancakes	Chicken Wraps	Sourdough Breads
Ham, Egg, & Cheese Bagels	Corn Dog Muffins	
Loaded Breakfast Biscuits	English Muffin Pizzas	
Oatmeal Applesauce Muffins	Freezer Meatloaf	
Oatmeal Choc. Chip Muffins	Freezer Sloppy Joes	
Pumpkin Muffins/Pancakes	Freezer Stuffed Shells	
Sausage & Cheese Quiche	French Dip Sandwiches	
	Ham & Cheese Potato Bake	
	Ham & Cheese Sliders	
	Herbed Pork Tenderloin	
	Hot Pockets or Pinwheels	
	Lasagna or Baked Ziti	
	Low Carb Bacon Cheeseburger	
	Meatballs	
	PB & Js/Ham & Cheese	
	Poppyseed Chicken Casserole	FERMENTS
	Ranch Pork Chops	Kraut
	Soups/Stews	Pickled Eggs
	Spaghetti Sauce	Pickled Veggies
	Stuffed Peppers	
	Tater Tot Casserole	

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Big Batch/Meal Prep/Freezer Cooking Meal Ideas for Pantry Challenge Days

SEASONAL SCHEDULE

WINTER	SPRING	ALL
Amish Friendship Bread	Blueberry Muffins	Baked Rolls
Beef or Chicken Fajitas	Breakfast in a Cup	Bean & Cheese Burritos
Coffee Cakes	Cheesesteak Casserole	Breakfast 'Hot Pockets'
Freezer Meatloaf	Chicken Broccoli Alfredo Bake	Breakfast Burritos
Freezer Stuffed Shells	Chicken Enchiladas	Cooked Meats
Loaded Breakfast Biscuits	English Muffin Pizzas	Cookie Doughs
Tater Tot Casserole	French Dip Sandwiches	Dandy Morning Coffee
	Oatmeal Choc. Chip Muffins	Freezer Fruit Bread
	Sausage & Cheese Quiche	French Toast/Pancakes
	Spaghetti Sauce	Fried Rice
		Jalapeno/Garlic Bread
		Meatballs
		Pizza Dough
		Sourdough Breads
FALL	SUMMER	
Beef Stroganoff	Chicken Wraps	
Biscuits & Gravy	Ham & Cheese Sliders	
Chicken Noodle Soup	Ham, Egg, & Cheese Bagels	
Chicken Pot Pie	Hot Pockets or Pinwheels	
Corn Dog Muffins	Low Carb Bacon Cheeseburger	
Freezer Apple Crisp	Poppyseed Chicken Casserole	
Freezer Sloppy Joes	Ranch Pork Chops	FERMENTS
Ham & Cheese Potato Bake	PB & Js/Ham & Cheese	Kraut
Herbed Pork Tenderloin		Pickled Eggs
Lasagna or Baked Ziti		Pickled Veggies
Oatmeal Applesauce Muffins		
Pumpkin Muffins/Pancakes		
Soups/Stews		
Stuffed Peppers		

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