## Fall/Winter Menu Plan #3:
**Note:** To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Chicken Pillows with Creamy Parmesan Sauce</td>
<td>Boston Clam Chowder</td>
<td>Southwest Rice and Bean Salad with Sweet/Spicy Dressing</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Chicken Apple Sausage Couscous Steamed Vegetable</td>
<td>Hearty Turkey and Bean Chili Cornbread</td>
<td>Homemade Pizza Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Gourmet Green Salad</td>
<td>Homemade Bread Bowls or French Bread Rolls</td>
<td>Cheese Quesadillas (optional)</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Steamed Vegetable</td>
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<tr>
<td><strong>Dessert:</strong></td>
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<td>Oreo Cheesecake Bites</td>
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</tbody>
</table>

**Treats to Make:**
- Pumpkin Chocolate Chip Bread
- Healthy Oatmeal Chocolate Chip Cookies

**Breakfast Ideas:**
- Oatmeal Pancake Mix
- French Toast (made with homemade bread)
- Refrigerator Bran Muffins
- Scrambled Eggs and Toast
- Granola over yogurt
- Buttermilk Waffles (made with all whole wheat flour)
- Baked Oatmeal
Vegetables/Produce:  

Dry Goods (pasta, crackers, etc.):  

Meat/Cheese:  

Frozen:  

Milk/Dairy/Eggs:  

Baking/Spices:  

Breads/Buns:  

Canned Goods:  

Jarred Goods: