

FALL MENU PLAN #1

FROM FOOD, FOLKS AND FUN – www.foodfolksandfun.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pumpkin Sausage Pasta Crusty Bread from Bakery	Cheesy Green Chile Potato Casserole Cheesy Green Chile Cornbread Garden Bean Salad	Oven Tacos Restaurant Style Refried Beans	Leftovers	Grilled Spinach Artichoke Flatbread Pizza Leafy Salad	Sausage & Peppers Stuffed Peppers Steamed Rice Leafy Salad	Spicy Pumpkin Chili Sour Cream Cornbread Pumpkin Cupcakes with Marshmallow Buttercream



AFTER SCHOOL SNACKS + TREATS: [Sweet and Salty Candy Corn Mix](#), [Candy Corn Cookies](#)



BREAKFAST IDEAS: [Pumpkin Honey Muffins](#), [Pumpkin Parfait Breakfast Popsicles](#)

SHOPPING LIST



PRODUCE:



SPICES + BAKING:



MEAT:



BREADS:



MILK/DAIRY/EGGS:



CANNED + JARRED GOODS:



FROZEN:



DRY GOODS:

OTHER: