



The Gracious Wife

Graciously serving the Whole Home

Monthly Meal Plan

Let me give you a rundown on how meals usually work for our family:

On Sundays, we get together with family after church, and I don't have to cook! Yippee! So it's a free day from lunch and snack, and we usually just have snacks, pizza, or leftovers for dinner so I get a day off from the kitchen.

We try to eat as much fresh fruit and veggies as possible and at every meal. I usually buy produce from our grocer every week based on the weekly sales, and it'll be easier on the ol' wallet if you do the same.

We eat leftovers for lunch daily because I absolutely hate wasting food. If we don't have leftovers (which is rare), we usually just scrounge up a sandwich.

The menu plan below is for Breakfast, Snack, and Dinner daily. Be sure to check the recipe archives too for the recipes in the plans and more meal planning inspiration.

OCTOBER 2016 BREAKFAST MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Cinnamon Rolls	31	<u>Halloween Pancakes</u>									1	<u>Break-fast Quesadillas</u>
2	Cinnamon Rolls	3	<u>Denver Omelet Casserole</u>	4	Denver Omelet Casserole Leftovers	5	<u>Apple Butter on Toast</u>	6	<u>Pumpkin Pie Oatmeal</u>	7	<u>Pumpkin Pie Oatmeal</u>	8	<u>Pumpkin Pancakes</u>
9	Cinnamon Rolls	10	<u>Break-fast Burritos</u>	11	<u>Apple Butter on Toast</u>	12	<u>Mini Spider Donuts</u>	13	<u>Birthday Confetti Cinnamon Rolls</u>	14	<u>Mini Spider Donuts</u>	15	<u>Break-fast Quesadillas</u>
16	Cinnamon Rolls	17	<u>Crock-pot Apple Oatmeal</u>	18	<u>Coffee Toffee Muffins</u>	19	<u>Jack-O-Lantern Waffles</u>	20	<u>Coffee Toffee Muffins</u>	21	<u>Apple Butter on Toast</u>	22	<u>Jack-O-Lantern Waffles</u>
23	Cinnamon Rolls	24	<u>Crock-pot Break-fast Casserole</u>	25	Crock-pot Breakfast Casserole Leftovers	26	<u>Coffee Toffee Muffins</u>	27	<u>Apple Butter on Toast</u>	28	<u>Coffee Toffee Muffins</u>	29	<u>Break-fast Quesadillas</u>

OCTOBER 2016 SNACK MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30		31	<u>Hot Dog Mummies</u>									1	<u>Apple Nachos</u>
2		3	<u>Apple Nachos</u>	4	<u>Ham & Cheese Roll Ups</u>	5	<u>Bagel Pizzas</u>	6	<u>Ham & Cheese Roll Ups</u>	7	<u>Celery Mummies</u>	8	<u>Bagel Pizzas</u>
9		10	<u>Celery Mummies</u>	11	<u>Banana Cereal Snacks</u>	12	<u>Cottage Cheese Ghosts</u>	13	<u>Banana Cereal Snacks</u>	14	<u>Cottage Cheese Ghosts</u>	15	<u>Spider Sandwiches</u>
16		17	<u>Spider Sandwiches</u>	18	<u>Pizza Tots</u>	19	<u>Apple Dippers</u>	20	<u>Pizza Tots</u>	21	<u>Apple Dippers</u>	22	<u>Boo-Nana Pops</u>
23		24	<u>Boo-Nana Pops</u>	25	<u>Cheese Witch Brooms</u>	26	<u>Spider Cracker Snacks</u>	27	<u>Cheese Witch Brooms</u>	28	<u>Hot Dog Mummies</u>	29	<u>Spider Cracker Snacks</u>

OCTOBER 2016 DINNER MEAL PLAN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Leftover Free-for- All	31	Pizza Happy Halloween!									1	<u>Slow Cooker Pulled Pork</u>
2	Leftover Free-for- All	3	<u>Cheesebur- ger Pockets</u>	4	<u>Crock-pot Southwest Chicken Chili</u>	5	<u>Meat Lover Pizza Pasta Bake</u>	6	<u>Salmon Burgers</u>	7	<u>Crock-pot Hawaiian Chicken</u>	8	<u>Chicken Gnocchi Soup</u>
9	Leftover Free-for- All	10	<u>Tacos</u>	11	<u>Spicy Pumpkin Corn Soup</u>	12	<u>Crock-pot Spaghetti & Meatballs</u>	13	<u>Cheesy Italian Pork Chops</u>	14	<u>Bacon Grilled Cheese Braid</u>	15	<u>Crock-pot Italian Beef Sandwiches</u>
16	Leftover Free-for- All	17	<u>Crock-pot Chicken Tacos</u>	18	<u>Cheesy Potato Soup</u>	19	<u>Meatloaf</u>	20	<u>Chicken Pot Pie</u>	21	<u>Slow Cooker Stuffed Peppers</u>	22	<u>Honey Mustard Chicken</u>
23	Leftover Free-for- All	24	<u>Chicken and Dumplings</u>	25	<u>Crock-pot Broccoli Cheese Soup</u>	26	<u>Cheesy Kielbasa Pasta Bake</u>	27	<u>Crock-pot BBQ Chicken Sandwiches</u>	28	<u>Tacos</u>	29	<u>Crock-pot Chili</u>

Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Saturday	10/1	<u>Breakfast Quesadillas</u>	<u>Apple Nachos</u>	<u>Slow Cooker Pulled Pork</u>
Sunday	10/2	Cinnamon Rolls		Leftover Free-for-All
Monday	10/3	<u>Denver Omelet Casserole</u>	<u>Apple Nachos</u>	<u>Cheeseburger Pockets</u>
Tuesday	10/4	Denver Omelet Casserole Leftovers	<u>Ham and Cheese Roll Ups</u>	<u>Crock-pot Southwest Chicken Chili</u>
Wednesday	10/5	<u>Apple Butter</u> on Toast	<u>Bagel Pizzas</u>	<u>Meat Lover Pizza Pasta Bake</u>
Thursday	10/6	<u>Pumpkin Pie Oatmeal</u>	<u>Ham and Cheese Roll Ups</u>	<u>Salmon Burgers</u>
Friday	10/7	<u>Pumpkin Pie Oatmeal</u>	<u>Celery Mummies</u>	<u>Crock-pot Hawaiian Chicken</u>
Saturday	10/8	<u>Pumpkin Pancakes</u>	<u>Bagel Pizzas</u>	<u>Chicken Gnocchi Soup</u>

Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Sunday	10/9	Cinnamon Rolls		Leftover Free-for-All
Monday	10/10	<u>Break-fast Burritos</u>	<u>Celery Mummies</u>	<u>Tacos</u>
Tuesday	10/11	<u>Apple Butter</u> on Toast	<u>Banana Cereal</u> <u>Snack-s</u>	<u>Spicy Pumpk-in</u> <u>Corn Soup</u>
Wednesday	10/12	<u>Mini Spider Donuts</u>	<u>Cottage Cheese</u> <u>Ghosts</u>	<u>Crock-pot Spaghetti</u> <u>and Meatballs</u>
Thursday	10/13	<u>Birthday Confetti</u> <u>Cinnamon Rolls</u>	<u>Banana Cereal</u> <u>Snack-s</u>	<u>Cheesy Italian Pork</u> <u>Chops</u>
Friday	10/14	<u>Mini Spider Donuts</u>	<u>Cottage Cheese</u> <u>Ghosts</u>	<u>Bacon Grilled</u> <u>Cheese Braid</u>
Saturday	10/15	<u>Break-fast Quesadillas</u>	<u>Spider Sandwiches</u>	<u>Crock-pot Italian</u> <u>Beef Sandwiches</u>

Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Sunday	10/16	Cinnamon Rolls		Leftover Free-for-All
Monday	10/17	<u>Crockpot Apple Oatmeal</u>	<u>Spider Sandwiches</u>	<u>Crockpot Chicken Tacos</u>
Tuesday	10/18	<u>Coffee Toffee Muffins</u>	<u>Pizza Tots</u>	<u>Cheesy Potato Soup</u>
Wednesday	10/19	<u>Jack-O-Lantern Waffles</u>	<u>Apple Dippers</u>	<u>Meatloaf</u>
Thursday	10/20	<u>Coffee Toffee Muffins</u>	<u>Pizza Tots</u>	<u>Chicken Pot Pie</u>
Friday	10/21	<u>Apple Butter on Toast</u>	<u>Apple Dippers</u>	<u>Slow Cooker Stuffed Peppers</u>
Saturday	10/22	<u>Jack-O-Lantern Waffles</u>	<u>Boo-Nana Pops</u>	<u>Honey Mustard Chicken</u>

Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Sunday	10/23	Cinnamon Rolls		Leftover Free-for-All
Monday	10/24	<u>Crock-pot Breakfast Casserole</u>	<u>Boo-Nana Pops</u>	<u>Chicken and Dumplings</u>
Tuesday	10/25	Crock-pot Breakfast Casserole Leftovers	<u>Cheese Witch Brooms</u>	<u>Crock-pot Broccoli Cheese Soup</u>
Wednesday	10/26	<u>Coffee Toffee Muffins</u>	<u>Spider Cracker Snacks</u>	<u>Cheesy Kielbasa Pasta Bake</u>
Thursday	10/27	<u>Apple Butter</u> on Toast	<u>Cheese Witch Brooms</u>	<u>Crock-pot BBQ Chicken Sandwiches</u>
Friday	10/28	<u>Coffee Toffee Muffins</u>	<u>Hot Dog Mummies</u>	<u>Tacos</u>
Saturday	10/29	<u>Breakfast Quesadillas</u>	<u>Spider Cracker Snacks</u>	<u>Crock-pot Chili</u>

Weekly Meal Plan

Brought to you from TheGraciousWife.com

	Date	Breakfast	Snack	Dinner
Sunday	10/30	Cinnamon Rolls		Leftover Free-for-All
Monday	10/31	<u>Halloween Pancakes</u>	<u>Hot Dog Mummies</u>	Pizza Night Happy Halloween!
Tuesday	11/1			
Wednesday	11/2			
Thursday	11/3			
Friday	11/4			
Saturday	11/5			