## September 2013 Monthly Menu Plan
from PocketChangeGourmet.com

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
</table>
| 1    | *Bacon Ranch Chicken Strips  
*Sweet Corn | 2    | *Labor Day Cookout             | 3                              | *Quick and Easy Cheesy Chicken Enchiladas  
*Fruit Smoothies                  | 4                              | *Baked Ziti                      
*Garlic Bread                      
*Salad                             | 5                              | 15 minute meal:                 
*Pizza Quesadillas                | 6                              | *Naked Wings                     
*Potato Skins                      
*Roasted Corn Salsa                | 7                              |                                  |                               |                                |                               |
| 8    | *Ultimate Royal Burger  
*Red Robin Oven Fries          | 9    | *Honey Hoisin Chicken in the Slow Cooker  
*Green Beans  
*Rolls                        | 10 | *Teriyaki Beef Noodle Bowl  
*Salad                           | 11                              | *Spaghetti and Meatballs        
*Garlic Bread  
*Salad                             | 12                              | *Chicken Strips with White BBQ Sauce  
*Crispy Potatoes                | 13                              | Appetizer Meal:                 
*Supreme Pizza Dip               
*Fresh Mozzarella Bites          | 14                              |                                  |                               |                                |                               |
| 15   | *Beer Can Chicken  
*Grilled Potatoes          | 16   | *Slow Cooker Rotisserie Chicken  
*Potatoes  
*Green Beans  
(25 Easy Recipes using Rotisserie Chicken) | 17 | Breakfast for Dinner:           
*Blueberry Pancakes  
*Fried Potatoes  
*Fruit                     | 18                              | *Taco Soup                       | 19                              | *Chicken Philly Sandwiches  
*Sweet Corn                     | 20                              | *Pizza Sliders                   
*Salad                          | 21                              | *Copycat Chick-fil-A Sandwich  
*Oven Fries                    | 22                              |                                  |                               |                                |                               |
| 22   | *Grilled Chicken Fajitas  
*Rice                            | 23   | *Creamy Chicken and Noodles  
*Mashed Potatoes                | 24 | *Steak Dinner  
*Baked Potatoes  
*Salad                            | 25                              | *Mexican Pizza  
*Rice                           | 26                              | *Soup                       
*Grilled Italian Chicken Sandwich | 27                              | *Burgers                        
*Loaded Potato Skillet           | 28                              | *Pulled Pork Sandwiches (with Root Beer Barbecue Sauce)  
*Salad                           | 29 |                                  |                               |                                |                               |
| 29   | *Buttermilk Fried Chicken  
*Baked Potatoes  
*Corn                             | 30 | *Mexican Macaroni and Cheese | 30 |                       |                               |                               |                               |

**Dessert Options:**
- *Caramel Cashew Bar Cookies
- *Brownie Goody Bars
- *Apples Cookies with Oatmeal and Caramel
- *Easy Fried Pies