

September

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| | 30 | 31 | 1 California Seafood Salad♥ <i>Points 5</i> (v) Grilled Vegetable Salad Chicken Tortilla Soup | 2 Chicken, Vegetable, & Cheese Calzone (v) Vegetable Calzone Vegetable Soup | 3 Baked Cod Bella Vista♥ New England Clam Chowder Soup | 4  |
| 5 | 6  | 7 TACO TUESDAY Beef or Chicken Tacos (v) Bean Tacos Cheesy Hamburger Soup | 8 Grilled Flank Steak w/Corn Black Bean and Avocado♥ <i>Points 6</i> (v) Stuffed Portabella Mushroom Vegetable Beef Soup | 9 Carved Glazed Pit Ham, Au Gratin Potatoes, and Baby Carrots (v) Marinated Grilled Vegetables over Rice Cream of Broccoli Soup | 10 Door County Fish Fry French Onion Soup | 11 |
| 12 | 13 Lasagna w/Mixed Vegetables and Garlic Bread (v) Vegetable Lasagna Chicken & Wild Rice Soup | 14 Taco Salad (v)Vegetarian Taco Salad Chicken Corn Chowder Soup | 15 Chicken & White Bean Stuffed Peppers♥ <i>Points 6</i> (v) Black Bean Burger Minestrone Soup | 16 Chicken or Beef Stir Fry (v) Vegetable Stir Fry Cream of Vegetable Soup | 17 Popcorn Shrimp Basket Split Pea Soup | 18  |
| 19 ♥ Guide lines for health 350-700 calories/meal 3gms or less of fat/100 calorie | 20 Chicken Parmesan w/Buttered Noodles and Vegetable (v) Veggie Chicken with Rice and Vegetable Cream of Potato Soup | 21 Beef or Chicken Tacos (v) Bean Tacos Navy Bean Soup | 22 Monterey Jack Turkey Burgers♥ <i>Points 6</i> (v) Grilled Vegetable Sub Beef Barley Soup | 23 Steak Caesar Salad♥ (v) Baked Vegetarian Chicken Caesar Salad Tomato Tortellini Soup | 24 Grilled Lemon Pepper Cod ♥ Baked Potato and Vegetable Chicken Dumpling Soup | 25 |
| 26 10% or less of total fat should come from saturated fat | 27 Meatloaf w/ Mashed Potato & Gravy with Vegetables (v) Grilled Vegetable Sandwich Cream of Asparagus | 28 Grilled Chicken Quesadilla w/ Black Bean & Corn Salsa (v) Black Bean & Cheese Quesadilla Beef Noodle Soup | 29 California Seafood Salad♥ <i>Points 5</i> (v) Grilled Vegetable Salad Chicken Noodle Soup | 30 Beef Stroganoff over Buttered Noodles with Vegetable (v) Vegetable Stroganoff Vegetable Soup | 1 Salmon Steak with a Mango Salsa with Rice Pilaf♥ Wisconsin Beer Cheese Soup | 2  |
| BEL PASTO | | GRILLED PERFECTION | | WRAP N ROLL | | |

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