

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Smothered Ranch Pork Chops Apple Crisp	3 Bacon Mac n Cheese Honey Glazed Carrots	4 Sausage Breakfast Casserole Cheesy Potato O'Brien	5 Chicken Alfredo Lasagna Roasted Vegetable Medley	6 Taco Casserole Corn Bread	7
8	9 Buffalo Chicken n Loaded Potatoes Pumpkin Bars	10 BBQ Pork Mac n Cheese Green Beans with Bacon	11 Maple & Bacon French Toast Casserole Sweet Potato Hash	12 Buffalo Chicken Lasagna Crack Green Beans	13 Burrito Pie Mexican Corn	14
15	16 Italian Chicken n Veggies Peach Crisp	17 Cheeseburger Mac n Cheese Roasted Garlic n Broccoli	18 Sausage Gravy & Biscuit Casserole Cheesy Parmesan Potatoes	19 Three Cheese Lasagna Buttery Garlic and Carrots	20 Chicken Taco Casserole Cilantro Rice	21
22	23 Cheesy Chicken n Potato Casserole Peanut Butter Bars	24 Buffalo Chicken Mac n Cheese Italian Green Beans	25 Pumpkin Pie French Toast Casserole Butter & Garlic Tator Tots	26 Lasagna Cheesy Broccoli and Cauliflower	27 Enchilada Chicken Pasta Bake Sweet Corn n Bacon	28
29	30 Chicken n White Bean Enchiladas S'mores Dip	31 Chili Mac n Cheese Sweet Corn Casserole	Bloomington * Peoria * Washington * Champaign * Pekin www.prepfreezecoook.com info@prepfreezecoook.com			

2017



Take & Bakes, Sides and Desserts