

Fall Meal Plan: September, October, November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Winter Meal Plan: December, January, February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Spring Meal Plan: March, April, May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Summer Meal Plan: June, July, August

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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