



# October 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 <input type="checkbox"/> World Vegetarian Day	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/> Cinnamon Roll Day	5 <input type="checkbox"/> Walk to School Day	6 <input type="checkbox"/> Noodle Day
7 <input type="checkbox"/>	8 <input type="checkbox"/> Columbus Day	9 <input type="checkbox"/>	10 <input type="checkbox"/> Angel Food Cake Day	11 <input type="checkbox"/> International Day of Girl	12 <input type="checkbox"/> Cookbook Launch Day	13 <input type="checkbox"/>
14 <input type="checkbox"/> National Dessert Day	15 <input type="checkbox"/>	16 <input type="checkbox"/> World Food Day	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
21 <input type="checkbox"/>	22 <input type="checkbox"/> Nut Day	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/> World Pasta Day	26 <input type="checkbox"/> Pumpkin Day	27 <input type="checkbox"/> Apple Day
28 <input type="checkbox"/> Chocolate Day	29 <input type="checkbox"/> Oatmeal Day	30 <input type="checkbox"/>	31 <input type="checkbox"/> Halloween		<input type="checkbox"/> Track your weekly family meals by checking the box each day your family has a meal together! Remember to aim for at least three meals per week.	

All Month Long

- Apple Month
- Cranberry Month
- Eat Better, Eat Together Month
- Farm to School Month
- Pasta Month
- Popcorn Popping Month
- Pork Month
- Vegetarian Awareness Month