



OCTOBER 2025



Breast Cancer Awareness Month

Turkey Pumpkin Enchiladas



Ingredients

4C cooked turkey, chopped
1 (15oz) can refried beans
1 (19oz) can pumpkin puree
1/4C taco seasoning
1 (29oz) can tomato sauce
1 chipotle pepper in adobo sauce, or more to taste
2T chicken bouillon granules
8 (10") whole wheat tortillas
1 (8oz) pkg shredded cheddar cheese

Preheat oven to 375F and spray a 9x13 baking dish with cooking spray.

Mix turkey, beans, pumpkin, and taco seasoning in a bowl. In a blender, add tomato sauce, chipotle pepper, and bouillon, blend until smooth (30 sec.).

Lay a tortilla out and generously spoon turkey filling in a line down the middle of the tortilla. Fold a top and bottom flap of the tortilla towards the middle, and fold the sides inward to enclose the filling. Lay the enchilada, seam side down, into the baking dish. Repeat with remaining tortillas and filling. Pour the sauce over the filled tortillas, and sprinkle with cheese.

Bake for 35-40 minutes or until the cheese has melted and the sauce bubbles.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Join Us Oct. 17 th 11am-1pm for United on the Plaza. There will be food trucks, the bloodmobile, and the opportunity to sign up for this years United Way campaign.						UA v. Vanderbilt
5	6	7	8	9	10	11
	Coach Appreciation Day Coaches may be volunteers or paid, but they all do it for the love of the game.		<i>Mental Health Tips:</i> Focus on Positivity. Today is a good day to have a good day.	National Depression Screening Day Call EAP if you need help with depression. 205-650-0576		UA @ Missouri AU v. Georgia
12	13	14	15	16	17	18
Case Management Week	<i>Breast Cancer Awareness Day</i>		<i>More than 3.5 million Americans are living as breast cancer survivors</i>		United on the Plaza Wear Pink for Breast Cancer	UA v. Tennessee AU @ Missouri
19	20	21	22	23	24	25
	<i>Ladies, don't forget to schedule your annual mammogram</i>		<i>Mental Health Tips:</i> Take time to laugh. Laughter helps reduce anxiety.	Drive Thru Flu Shot Clinic 7am-2pm 		UA @ Missouri AU v. Georgia
26	27	28	29	30	31	
<i>Mental Health Tips:</i> Practice forgiveness for better mental health.				Think FAST to spot a stroke! F -Face drooping A -Arm Weakness S -Speech Difficulty T -Time to call 911	Happy Halloween Annual TPD Halloween Carnival @University Mall	