



snacks, meals, menus

Requirements, Ideas and Recipes

| Requirements | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------|
| BREAKFAST Juice, Fruit, or Vegetable Grain/Bread Milk | Peaches Waffles Milk | Apple Slices Cinnamon Toast Milk | *Veggie Omelet Whole Wheat Toast Milk | Oranges Oatmeal Milk | Blueberries Tortilla, scrambled eggs Milk |
| LUNCH/DINNER Meat/Meat Alternate Grain/Bread Fruit/Vegetable Fruit/Vegetable Milk | Port Roast WW Roll Brussel Sprouts Mashed Potatoes Milk | Chicken Fajita Tortilla Peppers, Onions Pineapple Milk | *Pork/Egg Fried Rice Chinese Vegetables Applesauce Milk | HM Chicken Soup Enriched Pasta Carrots Applesauce Milk | Sloppy Joes WW Bun Corn Mandarin Oranges Milk |
| SNACKS Requires two foods from two of the four food groups: Meat/Meat Alternate Grain/Bread Fruit/Vegetable Milk | Soft Pretzel Apple Cider | Ham Cubes Cauliflower | Peanut Butter Celery | Yogurt Bananas | Tortilla Chips Salsa |

Veggie Omelet

1 1/3 cups shredded Monterey Jack Cheese
 2 cups chopped broccoli or 1 (10 oz) package frozen chopped
 broccoli, thawed and drained
 3 medium tomatoes, coarsely chopped (2 cups)
 2 2/3 cups shredded Cheddar cheese
 1 1/3 cup all-purpose flour
 1/2 teaspoon salt
 4 eggs
 Heat oven to 350 F. Layer Monterey Cheese, broccoli, tomatoes and
 Cheddar Cheese in ungreased square baking dish, 8x8x2 inches.
 Beat milk, flour, salt and eggs until smooth; pour over cheese.

 Bake uncovered 40 to 45 minutes or until egg is set. Let stand 10
 minutes before cutting.

Pork/Egg Fried Rice

1 2/3 c. cooked rice
 1 c. diced boneless pork, fried
 3 cloves garlic minced
 1 onion chopped
 2 eggs, lightly beaten
 Butter
 1 small can Chinese Vegetables

 Melt butter and sauté onions and garlic until tender. Move to side of
 pan and scramble eggs on the other side. Mix eggs, onion and garlic.
 Add the rice and the fried pork. Heat through. Add the Chinese
 vegetables and heat.