



snacks, meals, menus

Requirements, Ideas and Recipes

Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Juice, Fruit, or Vegetable Grain/Bread Milk	Strawberries Biscuit Milk	Cantaloupe Cinnamon Toast Milk	Fruit Salad Rice Milk	Banana Slices Corn & Oat Cereal Milk	Tomato Juice English Muffin Milk
LUNCH/DINNER Meat/Meat Alternate Grain/Bread Fruit/Vegetable Fruit/Vegetable Milk	*Chicken Alfredo w/WG Linguine Broccoli Tomato Slices Milk	Bean Soup Cornbread Fruit Salad Carrot Sticks Milk	*Tuna Boats WW Crackers (Green Pepper) Pineapple Chunks Milk	Hamburger WW Bun Lettuce/Tomatoes Apple Slices Milk	Cottage Cheese PB on WW Toast Grapes, halved Spinach Salad Milk
SNACKS Requires two foods from two of the four food groups: Meat/Meat Alternate Grain/Bread Fruit/Vegetable Milk	Cottage Cheese Tropical Fruit Salad	Corn & Oat Cereal Peaches	Waffle Warm Applesauce	Rice Pudding Fruit Cocktail	Hummus Dip Carrot Sticks

Chicken Alfredo With Whole Grain Linguine

- 1/2 of a 16 oz. package whole wheat linguine
- 2 tablespoons butter
- 1 lb. chicken breasts, cut into 1½" pieces
- 1 (10.75 oz.) can cream of mushroom soup
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper

Prepare linguine according to package directions in 3-quart saucepan. Drain linguine in colander. Heat butter in 10" skillet over medium-high heat. Add chicken and cook until well browned, stirring often. Stir soup, milk, cheese, black pepper and linguine into skillet. Cook until mixture is hot and bubbling. Serve with additional Parmesan cheese.

Tuna Boats

- 1-12 ounce can tuna
- 2 tablespoons mayonnaise
- 2 green peppers
- Cheese slices, if desired

Mix tuna with mayonnaise and any other desired seasonings. Cut each green pepper into three wedges lengthwise. Remove seeds and membranes. Divide tuna mixture evenly among the pepper "boats". Add cheese sails, if desired.