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# Snacks, Meals, Menus

## Requirements, Ideas, Recipes

### Requirements

#### Breakfast:

**Fruit/Juice/Vegetable:**

**Grain/Bread:**

**Milk:**

#### Lunch/Supper:

**Meat/Meat Alternate:**

**Fruit/Juice/Vegetable:**

**Fruit/Juice/Vegetable:**

**Grain/Bread:**

**Milk:**

#### Snacks:

**Meat/Meat Alternate:**

**Fruit/Juice/Vegetable:**

**Grain/Bread:**

**Milk:**

### Monday

Strawberries  
 French Toast  
 Milk

#### BBQ Pork

Baked Beans  
 Mixed Fruit  
 Bun  
 Milk

Salsa  
 Nacho Chips

### Tuesday

Tropical Fruit  
 Raisin Toast  
 Milk

Tuna Salad Sandwich  
 Carrot Sticks  
 Banana  
 Whole Grain Bread  
 Milk

Banana  
 Pretzels

### Wednesday

Cantaloupe  
 Scrambled Egg Burrito  
 Milk

Hamburger Pattie  
 Asparagus  
 Pears  
 Whole Wheat Roll  
 Milk

Cheese Cubes  
 Apple Slices

### Thursday

Apricots  
**Rice Pudding**  
 Milk

Cottage Cheese  
 Peaches  
 Broccoli  
 Corn Bread  
 Milk

Carrot Sticks  
 Enriched Crackers

### Friday

Mandarin Oranges  
 Oatmeal  
 Milk

Hard Boiled Egg  
 Lettuce/Tomato Salad  
 Pears  
 Enriched Crackers  
 Milk

Peanut Butter  
 Celery Sticks

#### Recipe: BBQ Pork

#### Ingredients:

1 (14 oz) can beef broth  
 3 lbs boneless pork ribs  
 1 (18 oz) bottle BBQ sauce

#### Directions:

1. Pour beef broth into a slow cooker and add pork ribs.

- Cook on high for about 4 hours or until meat shreds easily.
- Shred meat with two forks. It seems like its not working at first but it will
- Put shredded pork and barbecue sauce in a Dutch oven
- Bake in preheated 300 degrees oven for 30 minutes or until heated through,

#### Recipe: Rice Pudding

#### Ingredients:

3/4 cup uncooked white rice  
 2 cups milk divided  
 1/3 cup sugar  
 1/4 tsp salt  
 1 egg, beaten  
 2/3 cup golden raisins  
 1 Tbs butter  
 1/2 tsp vanilla

#### Directions:

Bring 1/2 cups water to a boil, add rice, reduce heat to low and simmer 20 minutes.

In a clean saucepan combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt. Cook over medium heat until thick and creamy. Stir in 1/2 cup milk, beaten egg and raisins.

Cook 2 minutes more stirring constantly. Remove from heat and add butter and vanilla.