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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

#### Banana Split

Banana

Ready to Eat Cereal

Milk

#### Burrito

Lettuce and Tomato

Kiwi

Tortilla

Milk

Cottage Cheese

Peaches

### Tuesday

Tropical Fruit

Raisin Toast

Milk

Hamburger

Green beans

Melon

WW Spaghetti

Milk

Peanut Butter

Banana

Bagel

### Wednesday

Cantaloupe

Scrambled Egg Burrito

Milk

Soup and Sandwich

Chicken– Peanut Butter

Peas and Carrots

Pineapple Tidbits

Whole Grain Bread

Milk

Refried Beans

Taco Shell

### Thursday

Apricots

Rice Pudding

Milk

Ham

Au Gratin Potatoes

Cauliflower

Corn Muffin

Milk

Pears

Enriched Crackers

### Friday

Mandarin Oranges

Oatmeal

Milk

Baked Fish

Broccoli

Pears

Pasta Salad

Milk

Mixed Fruit

Milk

#### Recipe:

#### Breakfast Banana Split

#### Ingredients:

Banana

Yogurt

Ready to Eat Cereal

#### Directions:

1. Cut banana into quarters, length-wise.
2. Put two banana pieces in each bowl.
3. Spoon yogurt between banana slices.
4. Top yogurt with cereal.

#### Recipe: Burrito

#### Ingredients:

2 cups filling (cooked ground beef, shredded chicken, scrambled **eggs, or beans**)  
 4 small flour or corn tortillas  
 ½ cup chopped lettuce  
 ½ cup chopped tomatoes  
 ½ cup shredded reduced-fat or regular cheddar cheese  
 ½ cup salsa

#### Directions:

1. Cook filling.
2. Heat tortillas
3. Spoon ½ cup of filling, 1 Table-spoon each of tomato, lettuce, cheese, and salsa onto each tortilla.
4. Roll up tortilla.