

# Kid Approved Meals



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## **A Note From The Authors**

These menus were put together with our own family's tastes and preferences in mind. However, we understand that many families have different tastes and/or health concerns. Keeping this in mind, please consider the following tips when cooking for your own family:

- Turkey, chicken and pork can often be interchanged in recipes and/or substituted for beef. Tofu is also an option.
- The same goes for sausage or bacon – turkey sausage or bacon is a healthier alternative
- Hot Dogs can be substituted with turkey dogs or tofu dogs.
- Some recipes with lots of pasta and/or vegetables can have the meat omitted completely.
- Egg substitutes can be used in place of fresh eggs in nearly all recipes calling for eggs.

### *Homemade Egg Substitute*

*6 egg whites*

*¼ cup instant nonfat dry milk powder*

*2 tsp water*

*2 tsp oil*

*¼ tsp ground tumeric*

*Combine all ingredients in blender and process for 30 seconds.*

*Refrigerate till ready to use. Will only keep for a few days in refrigerator.*

- When breads and pastas are listed (loaf, rolls, macaroni, spaghetti noodles, etc.) it is assumed that you will use what your family prefers be it enriched, vegetable, whole wheat or whole grain varieties.
- When dairy products are listed, please substitute low-fat or soy milk if you desire. However, please know that sometimes those milk varieties do not perform in recipes the same as whole cow's milk.
- At anytime when a canned food item is listed, you may substitute your own homemade version if you prefer.
- The same is true for preparing menu items from scratch – Keep in mind that if you are in a rush, you can always substitute ready-made items to save time.
- For jarred sauces and condiments the same applies – for example, when a recipe calls for “fruit spread” please use the jelly, jam, preserves or all-fruit spread you prefer.
- For any ingredient, please use whatever brand or variety you most prefer including lower sodium, lower cholesterol and lower fat versions.
- With a few meals, “snack chips” are listed – this can be any type of snack chips or crackers you wish – healthy options include dried fruit chips, oven toasted pita chips, etc.

- “BOC” means “Beverage Of Choice”
- When specific fruits or vegetables are listed, these are only suggestions – Please feel free to use something more in season or more agreeable to your family’s tastes.
- Recipes generally serve 4-6 people. Servings will vary according to how much your children eat.
- You can always substitute a family favorite recipe in place of one you do not care for.

We also invite you to visit Christine’s blogs for more great recipes:

[www.TheMenuMom.com](http://www.TheMenuMom.com)

[www.DineWithoutWhine.com/blog](http://www.DineWithoutWhine.com/blog)

ENJOY!

*Jenn & Christine*

## *Week One Menu*

### **Monday**

#### **Breakfast - A**

Easy Biscuits from Scratch  
Fruit spread  
Milk

#### *Easy 1-2-3 Biscuits*

3 heaping tablespoons butter  
2 cups self-rising flour \*  
1 cup milk

Preheat oven to 425°F. Mix butter into flour until the mixture looks crumbly. Stir in milk just a little at a time until well blended. Drop by large spoonfuls onto a greased baking sheet or roll out on a floured surface and cut into desired size and shape and place on greased baking sheet. Bake until golden brown. Approximately 8-10 minutes.

\*To make your own self-rising flour: For each cup of all-purpose flour, add 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt.

\*\*\*HINT\*\*\* Make a double batch of dough. Use one batch for this morning's breakfast. Reserve half of second batch for tomorrow morning's breakfast. Cook other half for Thursday's lunch.

#### **Lunch - B**

Cheesy Hamburger-Roni  
Strawberries  
BOC (beverage of choice)

#### *Cheesy Hamburger-Roni*

1 pkg macaroni noodles, cooked and drained  
1 lb hamburger, browned and drained  
1 can cream of mushroom soup  
1 soup can of milk  
½ tsp seasoning blend  
1 cup grated cheddar cheese

Mix together soup, milk and seasoning in a large pot. Stir in noodles and beef. Cook over medium high heat until heated through. During final minutes of cooking time, stir in grated cheese.

## **Tuesday**

### **Breakfast – C**

Mini Breakfast Quiches  
Juice

*Mini Breakfast Quiches (makes 6)*

Crust

Easy 1-2-3 biscuit dough (see Monday Breakfast)

Preheat oven to 325° F. Divide dough into 6 pieces. Press into well greased muffin cups making sure to cover the bottom and sides of cups. Set aside.

Filling

2 eggs

1 cup milk

2 pieces of cooked bacon, crumbled, or ½ cup cooked, crumbled sausage

½ cup grated cheddar cheese

pinch of salt

pinch of ground pepper

Mix all ingredients together thoroughly in a large bowl. Pour evenly into dough lined muffin cups and bake for 20-30 minutes or until toothpick inserted in center comes out clean.

### **Lunch – D**

Chicken and Stars Soup  
Cheese Toast  
Oranges  
BOC

*Chicken and Stars Soup*

2 cups chopped, cooked chicken

2 cups water

3 cups chicken broth

2 medium carrots, sliced

2 stalks celery, sliced

1 small onion chopped

1 cup star or alphabet-shaped pasta uncooked

(Cont.)

Add water to broth to make 5 cups – or if you prefer you can use 5 cups of broth. Add carrots, celery, and onion. Bring to a boil; reduce heat and cover; simmer until carrots are soft. Stir in pasta and chicken. Return to boil; reduce heat; simmer uncovered until pasta is done.

### *Cheese Toast*

3-4 slices loaf bread

3-4 slices of your favorite cheese

Place bread on broiler pan or baking sheet. Top each slice of bread with one slice of cheese. Bake at 350°F or until edges of bread start to brown.

## **Wednesday**

### **Breakfast – E**

Homemade Granola Bars (or store bought)  
Yogurt  
BOC

#### *Granola Bars Recipe*

4 cups quick cook oatmeal, unprepared  
¾ cup chocolate chips  
¾ cup grated coconut  
¾ cup chopped nuts/dried fruit  
¾ cup honey  
¾ cup peanut butter  
milk as needed

Mix all ingredients together in a large bowl, adding small amounts of milk until the dough begins to stick together. Press mix into well greased large baking pan that has a ½ inch lip on the edge. Bake at 325° F for 40-45 minutes or until the edges just start to brown. Cut into desired size bars while still hot but do not remove from pan until completely cool.

Chocolate chips, coconut and chopped nuts/dried fruit may be taken out and replaced with other ingredients of your choice. Also, if there is a peanut allergy, the peanut butter may be omitted and the honey doubled.

### **Lunch – F**

Octopi (hot dogs – cut lengthwise 1” from top all the way to other end enough times to make eight “legs” – boil or cook as usual)  
Seaweed (oodles of noodles “seaweed”(top ramen) or spaghetti noodles with a little green food coloring added, if desired)  
Strawberries  
BOC

## **Thursday**

### **Breakfast – G**

Cheesy Grits  
Oranges  
BOC

Cook enough grits for your family according to package directions but substituting milk for ½ of the water. During the final moments of cooking, stir in grated cheddar cheese.

### **Lunch – H**

Crock Pot Beef Stew  
Prepared Biscuits  
Cube Cheese  
BOC

#### *Crock Pot Beef Stew*

2 lbs stew beef, cubed  
3 large potatoes, peeled and cubed  
2 large carrots, peeled and sliced  
1 tbsp minced onion  
1 can of beef broth  
water

Brown beef with onions over medium high heat. Place beef, onions, potatoes, carrots and broth in crock pot. Add enough water to cover. Cook for 2-3 hours or until potatoes are fork tender.

## **Friday**

### **Breakfast – I**

Breakfast Snack Mix  
Strawberries  
BOC

#### *Breakfast Snack Mix*

This recipe is really up to you: what you have on hand and what your tastes are. My family just takes the leftovers from our cold breakfast cereal boxes (those last few pieces that just aren't enough for a whole bowl) and dumps them in a large plastic storage container. Add those last few graham cracker or granola bar crumbs, or whatever you have. Throw in some nuts and/or dried fruit pieces, close the container and shake. You will be surprised how popular those "leftovers" become!

### **Lunch – J**

Meat and Cheese Sandwiches  
Oranges  
BOC

\*\*\*NOTE\*\*\* When you are preparing dinner for your family through the week, cook an extra chicken breast or whatever meat you happen to be serving. Freeze or refrigerate those for use later in making sandwiches or soups so you can avoid buying sandwich meats.

## ***Week One Grocery List***

### **Fresh Produce**

- (B, F, I) strawberries
- (D, G, J) oranges
- (D, H) 4 medium carrots
- (D) 2 stalks celery
- (D) 2 small onions
- (H) 3 lg potatoes

### **Beverages**

- (C) fruit juice

### **General Grocery/Cooking and Baking**

- (A, C) 6 tbsp butter
- (A, C) 4 cups self-rising flour (or use all purpose & have salt & baking powder on hand)
- (B) ½ tsp herb seasoning blend
- (C) salt
- (C) ground pepper
- (E) ¾ cup chocolate chips
- (E) ¾ cup grated coconut
- (E) ¾ cup chopped nuts or dried fruit
- (F) green food coloring

### **General Grocery/Bakery and Breads**

- (D, J) 6-8 slices loaf bread

### **General Grocery/Condiments and**

#### **Sauces**

- (A) all fruit spread
- (E) ¾ cup honey
- (E) ¾ cup peanut butter

### **General Grocery/Dry Foods and Mixes**

- (B) 1 pkg macaroni noodles
- (D) 1 cup star shaped pasta
- (E) 4 cups quick cooking oatmeal
- (F) oodles of noodles (Top Ramen) or spaghetti noodles
- (G) grits
- (I) breakfast cereal

### **General Grocery/Canned and Bottled**

- (B) 1 can cream of mushroom soup
- (D) 3 cups chicken broth
- (H) 1 can of beef broth

### **Dairy/Refrigerated**

- (A, B, C, E, H) milk (5 cups)
- (B, C, G) 2 cups grated cheddar cheese
- (C) 2 eggs
- (D, J) 6-8 slices cheddar cheese
- (H) cheese cubes

### **Meat/Fish**

- (B) ground beef – 1 lb
- (C) 2 pieces bacon or ½ cup cooked sausage
- (D) 2 cups cooked chicken, chopped
- (F) hot dogs – 1 pkg
- (H) 2 lbs beef stew meat
- (J) ham, or other favorite sliced sandwich meat

## *Week Two Menu*

### **Monday**

#### **Breakfast – A**

Homemade Toaster Pastries  
Milk

#### *Homemade Toaster Pastries*

3 cups sifted flour (sift before measuring)  
1 tsp salt  
1-1/4 cups shortening (preferably pre-measured in sticks)  
8 to 10 Tbsp cold water  
all fruit filling or spread

Sift together the flour and salt; using a pastry cutter, two knives or fingers, blend shortening and flour together until mixture is crumbly. Stir in cold water, adding just enough for pastry to hold together, so that pastry forms a smooth ball. If using a food processor, combine flour, salt, and shortening in work bowl. Process on-and-off several times until mixture is crumbly. With motor running, add liquid in a steady stream and process just until mixture forms a ball.

Refrigerate an hour for easier handling. Divide dough and roll out on a lightly floured board to 1/8 inch thick. Cut into desired size rectangles. Spread one rectangle with all fruit spread and top with another rectangle. Seal edges. Bake in 350°F oven for 10-15 minutes or until golden brown. Freeze extras for those mornings when you are in a rush – you could even make a double batch so you have extra on hand.

#### **Lunch – B**

Cheesy Chicken Noodles  
Grapes  
BOC

#### *Cheesy Chicken Noodles*

1 pkg egg noodles, cooked, drained  
1 can cream of chicken soup  
1 soup can of milk  
1 can chicken, drained  
½ cup grated cheddar cheese

Mix all ingredients together in large pot. Warm over medium heat for 15-20 minutes or until thoroughly heated.

## **Tuesday**

### **Breakfast – C**

Breakfast Burritos  
Bananas  
BOC

#### *Breakfast Burritos*

- 1 package large flour tortillas
- 6 large eggs
- ¼ lb ground sausage
- 2 cups grated cheddar cheese
- melted butter or margarine
- pinch of salt
- pinch of ground pepper

Scramble eggs and sausage together and set aside. Brush tortillas with melted butter and microwave for 10-20 seconds until just warm. Place part of egg and sausage mixture in center of one tortilla. Sprinkle with cheese. Fold both ends over middle then fold both sides in over the middle. Turn burrito over and cut in half. Serve immediately. Place leftovers in individual Ziploc sandwich sized bags. Freeze to eat later. When reheating frozen burrito, microwave in unzipped Ziploc bag for 30-45 seconds until just heated through.

### **Lunch – D**

Biscuit Pizza  
BOC

#### *Biscuit Pizza*

- 1 batch of 1-2-3 biscuit dough (see week one – Monday for recipe)
- 1 small jar pizza sauce or leftover homemade spaghetti sauce
- ½ cup shredded mozzarella cheese
- ¼ cup grated parmesan cheese

Press biscuit dough into bottom of a square 8x8 baking pan. Spread pizza sauce on top of dough and sprinkle with cheeses. Bake at 350°F for 15-20 minutes.

## **Wednesday**

### **Breakfast – E**

Blueberry Muffins  
Milk

#### *Basic Muffin Recipe*

1 1/2 cups flour  
1/2 tsp baking powder  
1/2 teaspoon salt  
1/2 cup oil  
2/3 cup sugar  
2 eggs  
1 1/2 cups blueberries or fruit of choice

Sift together flour, baking powder and salt. Blend together oil, sugar and eggs. Combine sifted and blended ingredients. Add blueberries and stir just until combined. Pour into greased or paper lined muffin tin. Bake at 375 degrees for 30 minutes.

### **Lunch – F**

One-Dish Chicken and Rice  
Grapes  
BOC

#### *One Dish Chicken and Rice*

2 boneless, skinless chicken breasts  
1 cup long grain white rice  
salt and pepper to taste  
water

Brown chicken breasts in bottom of a large pot. Add enough water to cover chicken and salt and pepper to taste. Bring to a boil and cook until chicken is fork tender. Drain chicken but reserve broth. Return pot to stove and add rice with 2 1/2 cups of broth. Shred chicken and add to rice and water. Bring to a boil. Cover and cook until rice liquid is absorbed and rice is fluffy.

## **Thursday**

### **Breakfast – G**

Homemade Pancakes (or frozen if you are in a rush)

Bananas

Milk

#### *Pancakes*

1 ½ cups self rising flour \*, sifted

1 egg, beaten

¾ cup milk

1 tbsp sugar

Mix milk and sugar into egg. Stir in flour. Pour evenly onto hot lightly buttered griddle or frying pan. When bubbles form, flip pancake and fry another several seconds. Serve hot with sliced fruit. A double batch can be made and the extra cooked pancakes frozen for a quick breakfast. Just reheat frozen pancakes in microwave until warm throughout.

\* To make your own self-rising flour, for each cup of all-purpose flour, add 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt.

### **Lunch – H**

Homemade Sloppy Joes

Tossed salad

BOC

#### *Homemade Sloppy Joes*

1 lb browned ground beef, drained

1 small can tomato paste

1 tbsp minced onion

¼ tsp garlic powder or ½ tsp minced fresh garlic

1 tsp worstershire sauce

1 cup water

hamburger buns

Sauté onions with garlic until soft. Add tomato paste, worstershire sauce, water and ground beef. Mix well and simmer over medium heat for 10-15 minutes. Serve on warm hamburger buns.

## **Friday**

### **Breakfast – I**

Fruity Oatmeal  
Milk

#### *Fruity Oatmeal*

Cook steel cut, regular or quick cooking oatmeal according to package directions except substituting milk for ¼ of the water. During final minutes of cooking, stir in 2 tbsp of fresh diced fruit or 1 tbsp all-fruit spread per serving. Serve while hot.

### **Lunch – J**

Spaghetti  
Bread  
BOC

#### *Spaghetti Sauce*

1 can tomato sauce  
1 large tomato, diced  
1 small onion, diced  
1 garlic clove diced or ½ tsp garlic powder  
¾ cup water  
1 tsp Italian seasoning  
1 tsp sugar  
optional add-ins: browned ground beef, sliced mushrooms, diced bell pepper

Sauté onion and garlic with diced tomato in large pot until starting to brown. Stir in tomato sauce, water, seasoning, sugar and add-ins. Simmer over medium heat for at least 30 minutes. Serve over cooked and drained spaghetti noodles. This recipe also works well for a crock pot. Just keep pot on low until ready to eat.

\*\*\*NOTE\*\*\* When making spaghetti sauce, it's usually a good idea to make a double batch. Divide the extra sauce in halves or thirds and freeze to use later for casseroles and homemade pizzas.

## ***Week Two Shopping List***

### **Fresh Produce**

- (B, F) grapes
- (C, G) bananas
- (J) 1 tomato
- (H, J) 1 onion
- (H, J) 2 small cloves of garlic
- (E) 1 ½ cup blueberries
- (H) tossed salad

### **Beverages**

- favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (A, E) 4 ½ cups flour
- (D, G) 3 ½ cups self-rising flour
- (A, C, E, F) salt
- (A) 1 ¼ cup shortening
- (C, F) pepper
- (J) 1 tsp italian seasoning
- (E, G, J) 2/3 cup + 2 tbsp sugar
- (E) ½ tsp baking powder
- (E) ½ cup oil

### **General Grocery / Bakery and Breads**

- (C) 1 package large flour tortillas
- (J) rolls (or favorite bread to have with spaghetti)
- (H) 1 pkg hamburger buns

### **General Grocery / Dry Food and Mixes**

- (B) 1 pkg. egg noodles
- (J) 1 pkg. spaghetti noodles
- (F) 1 cup long-grain rice

### **General Grocery / Cereal and Breakfast**

- (I) oatmeal

### **General Grocery / Canned and Bottled**

- (A, I) all fruit spread
- (B) 1 can of cream of chicken soup
- (B) 1 can cooked chicken
- (D) 1 jar pizza sauce
- (J) 1 can tomato sauce
- (H) 1 can tomato paste
- (H) 1 tsp worstershire sauce

### **Dairy / Refrigerated**

- (A, B, E, G, I) 7 ¼ cups milk
- (B, C) 2 ½ cups grated cheddar cheese
- (C, E, G) 9 eggs
- (C, D) ½ cup + 3 tbsp butter
- (J) ½ cup mozzarella cheese
- (J) ¼ cup parmesan cheese

### **Meat / Fish**

- (C) ¼ lb ground sausage
- (F) 2 boneless, skinless chicken breasts
- (H) 1 lb ground beef

## *Week Three Menu*

### **Monday**

#### **Breakfast – A**

Stickies  
Oranges  
Milk

#### *Stickies*

1 batch of 1-2-3 biscuit dough (from week one - Monday)  
1 tbsp real butter (margarine cannot be substituted)  
¼ cup sugar  
1 tbsp cinnamon

Roll out biscuit dough on floured surface to ¼ inch thick. Spread evenly with butter. Sprinkle with cinnamon and sugar. Roll up and slice into ¾ inch pieces and place on greased baking sheet. Bake at 425° F for approximately 10 minutes or until golden brown.

\*\*\*TIP\*\*\*Make a double batch of biscuit dough today and use the extra for tomorrow's breakfast.

#### **Lunch – B**

Easy Homemade Macaroni and cheese  
Tuna salad (or chicken if your family prefers)  
Fruit cocktail  
BOC

#### *Easy Homemade Mac & Cheese*

1 package elbow macaroni, cooked and drained  
2 cups grated cheddar cheese  
1 cup milk  
2 tbsp flour  
1 tbsp butter or margarine

Melt butter in large pot over medium high heat. Add in flour and stir until it comes together. Slowly stir in milk and continue cooking until it begins to thicken. Add in cheese a little at a time and stir until all the cheese is melted. Add cooked noodles and toss until coated.

*Quick and Easy Tuna Salad Recipe*

2 cans flake tuna in water, drained  
1/2 cup mayonnaise  
1/2 tsp herb seasoning blend  
1/4 tsp celery salt

Mix all ingredients in a bowl thoroughly.

## **Tuesday**

### **Breakfast – C**

Breakfast pigs-n-blankets  
Bananas  
BOC

#### *Breakfast Pigs-n-blankets*

1 batch 1-2-3 biscuit dough (from week one - Monday)  
1 8oz pkg frozen brown-n-serve sausage links

Separate biscuit dough into number of pieces equal to number of sausage links. On a lightly floured surface, roll out each biscuit into a ¼ inch thick. Place a sausage link in the center of each biscuit and roll up making sure to pinch the ends of the dough to seal it. Cut each widthwise into four pieces and insert toothpick into each. Place on ungreased baking sheet and bake at 375°F for 8-10 minutes or until golden brown.

### **Lunch – D**

Robin Hood Wraps  
Milk

#### *Robin Hood Wraps*

1 pkg tortillas  
thin sliced cooked meats (cook an extra chicken breast, pork chop, turkey cutlet,  
thin steak, etc the night before when preparing supper)  
sliced cheese (cheddar or swiss, whichever you prefer)  
diced veggies (cucumbers, lettuce, tomatoes, carrots)  
sandwich spread of your choice

Lay tortilla flat and spread with thin layer of sandwich spread. Next add a layer of sliced meat followed by a layer of cheese. Top with a thin layer of diced veggies. Roll and cut diagonally across the middle. These look really cute with one of those frilly topped toothpicks inserted like “Robin Hood’s sword.”

## **Wednesday**

### **Breakfast - E**

Banana Bread  
Milk

#### *Banana Bread*

2 cups self-rising flour  
2-3 over-ripe bananas, mashed  
2 eggs  
 $\frac{3}{4}$  cup sugar (may reduce if too sweet for your tastes)  
 $\frac{1}{2}$  cup chopped walnuts or pecans (optional)

Preheat oven to 350° F. Mix all ingredients thoroughly in a large bowl. Pour into greased and floured loaf pan and bake for 45 minutes to 1 hour or until toothpick inserted in center comes out clean. Allow loaf to cool then slice and serve.

### **Lunch – F**

Easy Baked Ziti  
Apple Slices  
BOC

#### *Easy Baked Ziti*

1 pkg ziti pasta, cooked until still a little chewy and drained  
2 cans diced Italian seasoned tomatoes, NOT drained  
1 cup grated mozzarella cheese  
1 cup cottage cheese  
 $\frac{1}{2}$  cup parmesan cheese

Preheat oven to 350° F. Mix together first four ingredients and spread evenly in 9x13 casserole dish. Top with parmesan cheese, cover and bake for 20-30 minutes.

## **Thursday**

### **Breakfast - G**

Mini Hashbrown Casseroles  
Oranges  
BOC

#### *Mini Hashbrown Casseroles*

2 cups frozen shredded or diced hashbrowns  
1 cup crumbled cooked bacon or sausage  
2 eggs, beaten  
1 cup shredded cheddar cheese  
salt and pepper to taste

Mix all ingredients thoroughly in a large bowl. Press into greased muffin tin. Bake at 350°F for 20-30 minutes or until toothpick inserted into center comes out clean.

### **Lunch – H**

Homemade Chicken and Dumplings  
Fruit Cocktail  
BOC

#### *Easiest Homemade Chicken and Dumplings*

1 family sized can of condensed chicken noodle soup (or use your favorite recipe)  
1 soup can of water  
1 batch of 1-2-3 biscuit dough (from week one – Monday)

Pour soup and water into large pot over high heat. Bring to a slight boil and reduce heat to medium high to maintain a slow rolling boil. Drop biscuit dough by small spoonfuls (quarter sized pieces) quickly into soup, stirring occasionally to keep dumplings from sticking together. Remove soup from heat and serve immediately.

\*You can also add in some frozen mixed veggies to the soup, if your kids like them.

## **Friday**

### **Breakfast – I**

Baked Peaches  
Cheerios or Cereal of Choice  
Milk

#### *Baked Peaches*

2 15 oz cans peach halves, drained  
8 oz light brown sugar  
1 cup round, buttery crackers (crushed)  
¼ cup butter or margarine

Preheat oven to 300° F. Lightly grease a small baking pan. Line with peach halves. Sprinkle with brown sugar and then cracker crumbs. Dot with butter. Bake for 35-40 minutes.

### **Lunch – J**

Tuna Burritos  
BOC

#### *Tuna Burritos*

1 can flake tuna, drained  
1 pkg. flour tortillas  
coleslaw (prepared or make your own with shredded cabbage, grated carrots, mayonnaise, salt and pepper tossed together)

Lay tortillas flat. Spread with thin layer of coleslaw. Top with layer of flake tuna. Roll up and eat.

## ***Week Three Shopping List***

### **Fresh Produce**

- (A, G) oranges
- (D) favorite veggies for dicing
- (C, E) 8 bananas
- (F) apple slices
- (J) prepared coleslaw or shredded lettuce and carrots to prepare your own

### **Beverages**

- favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (A, B, C, H) 6 cups + 2 tbsp flour
- (A, E) 1 cup sugar
- (A) 1 tbsp cinnamon
- (B) ½ tsp herb seasoning blend
- (B) ¼ tsp celery salt
- (A, C, E, H) 8 cups self-rising flour
- (E) ½ cup chopped walnuts or pecans
- (I) 8 oz light brown sugar

### **General Grocery/Bakery and Breads**

- (D, J) 2 pkgs flour tortillas

### **General Grocery / Condiments and Sauces**

- (B, J) 1 cup mayonnaise
- (D) sandwich spread

### **General Grocery / Dry Food and Mixes**

- (B) 1 pkg macaroni noodles
- (F) 1 pkg ziti pasta
- (I) 1 cup round, buttery cracker (crumbs)
- (I) Cheerios or Cereal or Choice

### **General Grocery / Canned and Bottled**

- (B, J) 2 cans flake tuna (or 1 can + 1 can cooked chicken)
- (B, H) fruit cocktail
- (F) 2 cans Italian seasoned diced tomatoes
- (H) 1 large family size can condensed chicken noodle soup
- (I) two 15 oz cans peach halves

### **Dairy / Refrigerated**

- (A, B, C, H, I) 1 1/2 cups butter or margarine
- (A, B, C, D, E, G, H, I) 15 cups milk
- (A) 1 tbsp real butter
- (B, G) 3 cups grated cheddar cheese
- (D) sliced cheese of choice
- (E, G) 4 eggs
- (F) 1 cup grated mozzarella cheese
- (F) 1 cup cottage cheese
- (F) ½ cup parmesan cheese

### **Frozen**

- (G) 2 cups frozen shredded hashbrowns
- (H) frozen veggies (optional)

### **General Grocery/ Snacks and Nuts**

- (D) snack chips

### **Meat / Fish**

- (C) 1 8oz pkg brown and serve sausage links
- (D) thin sliced sandwich meats
- (G) 1 cup cooked, crumbled bacon or sausage

## *Week Four Menu*

### **Monday**

#### **Breakfast – A**

Homemade Waffles (or frozen if you don't have your own waffle iron)  
Strawberries (fresh or frozen)  
Milk

#### *Easy Waffles*

2 cups self-rising flour  
1 egg  
½ cup oil  
1 1/3 cup club soda

Preheat waffle iron. Combine all ingredients in mixing bowl until thoroughly blended. Pour just enough batter to cover waffle iron and cook. This is another recipe that you can double and freeze the extra cooked waffles for other mornings when you are rushed.

#### **Lunch – B**

Pasta Salad  
Milk

#### *Pasta Salad*

1 package tri-color rotini pasta, cooked, rinsed, drained and cooled  
1 can flake tuna, drained or ¾ cup shredded cooked chicken  
¾ cup diced fresh tomato  
¾ cup grated cheddar cheese  
¾ cup mayonnaise  
1 tbsp of your favorite dry salad dressing mix or herb seasoning blend

Combine all ingredients in large storage bowl. Cover and refrigerate at least 1 hour before serving.

## **Tuesday**

### **Breakfast – C**

Spiced Pears  
Cinnamon-Raisin Toast  
BOC

#### *Spiced Pears*

1 large can of pear halves  
1/3 cup brown sugar  
3/4 tsp ground cinnamon

Drain pears, reserving syrup. Mix syrup, sugar and cinnamon in saucepan and bring to a boil. Reduce heat and simmer for 5-8 minutes stirring frequently. Add pears and simmer another 5 minutes or until pears are heated through.

### **Lunch – D**

Homemade Pimento Cheese Sandwiches  
Snack chips  
BOC

#### *Granny's Pimento Cheese*

1/2 small jar of pimentos  
2 cups grated sharp cheddar cheese  
mayonnaise  
dash of salt (may be omitted)

Combine cheese with mayonnaise until the consistency you desire is reached (some people like chunky pimento cheese – others like creamier pimento cheese). Add in pimentos and salt with a small amount of the juice from the jar of pimentos. Stir until well blended. Refrigerate at least 2 hours before spreading on bread for sandwiches.

## **Wednesday**

### **Breakfast – E**

Fruit Smoothies  
Toast  
Milk

#### *Easy Fruit Smoothies*

For each smoothie, blend  $\frac{3}{4}$  cup diced fresh fruit with  $\frac{3}{4}$  cup vanilla or fruit flavored yogurt in a blender or food processor until smooth. May add a small amount of milk if the consistency is too thick for your tastes or for smaller children. You can also make this with frozen fruit or yogurt during the summer for a healthy alternative to milkshakes.

### **Lunch – F**

Chili  
Cube Cheese  
Tortilla Chips  
BOC

#### *Quick Chili*

- 1 lb ground beef, browned and drained
- 1 can tomato sauce
- 1 can diced tomatoes (can use the variety with peppers added), not drained
- 2 cups of water
- 1 packet of chili mix or add chili powder, onion powder, salt and pepper to taste

Combine all ingredients in a large crock pot and allow to simmer for at least one hour before serving.

#### *Tortilla Chips*

- 5-6 flour tortillas
- vegetable oil
- salt or salt-free herb seasoning
- cinnamon and sugar mixture

Very lightly brush tortillas on one side with oil. Cut into 2 inch triangles or  $\frac{1}{2}$  by 2 inch strips. Sprinkle half with salt or seasoning and toss. Sprinkle the other half with cinnamon and sugar and toss. Spread out on separate baking sheets and bake at 350° F 5-10 minutes or until crispy and starting to brown. Reserve cinnamon/sugar chips for tomorrow's breakfast.

## **Thursday**

### **Breakfast – G**

Sweet Tortilla Chips  
Strawberries  
Fruit Dip  
BOC

#### *Fast fruit dip*

Mix together one small container of fruit or vanilla flavored yogurt with 1-2 tsp of milk.  
Serve with sweet tortilla chips and fruit for dipping.

### **Lunch – H**

Chef Salad with Dressing (shredded lettuce, grated carrots, sliced cucumbers, diced tomatoes, chopped cooked meats, chopped boiled eggs, and grated cheese)  
Crackers  
BOC

## **Friday**

### **Breakfast – I**

Easy Coffee Cake  
Milk

#### *Easy Coffee Cake*

1 batch of 1-2-3 biscuit dough (recipe from week one - Monday) prepared with ½  
tsp cinnamon added when mixing  
1 tbsp cinnamon and sugar mixture  
1 tsp flour  
butter

Preheat oven to 350° F. Pat biscuit dough into round cake pan. In separate bowl, mix together cinnamon and sugar mixture and flour with enough butter to make a crumbly mixture. Sprinkle on top of biscuit dough and bake until toothpick inserted in center comes out clean.

### **Lunch – J**

Make Your Own Pizzas  
BOC

#### *Make Your Own Pizzas*

English muffins  
1 jar pizza sauce (or leftover homemade spaghetti sauce)  
Shredded mozzarella cheese  
Optional toppings: sliced pepperoni, sliced mushrooms, fresh diced tomatoes,  
diced bell peppers, etc.

Spread sauce on English muffins. Give to kids along with toppings and allow them to create their own pizzas. Bake in 350°F or toast in toaster oven just until cheese melts.

## *Week Four Shopping List*

### **Fresh Produce**

- (A, G) strawberries
- (B) 1 medium tomato
- (E) favorite fruits for smoothies
- (H) salad fixings (lettuce, tomato, carrots, cucumbers, etc.)

### **Beverages**

- favorite beverages
- (A) 1 1/3 cup club soda

### **General Grocery / Cooking and Baking**

- (I) 1 tsp flour
- (A, I) 4 cups self-rising flour
- (A) 1/ cup oil
- (C) 1/3 cup brown sugar
- (C, F, I) 2 3/4 t. ground cinnamon
- (F) 1 1/4 cup oil
- (F) salt or herb seasoning blend
- (F, I) 1 cup sugar

### **General Grocery / Bakery and Breads**

- (C) cinnamon raisin bread
- (D, E) sliced loaf bread
- (F) 1 pkg flour tortillas
- (J) English muffins

### **General Grocery / Dry Food and Mixes**

- (B) 1 pkg tri-color rotini pasta
- (B) 1 tbsp dry salad dressing mix or herb seasoning blend
- (F) 1 pkg dry chili mix or seasonings

### **General Grocery / Canned and Bottled**

- (B) 1 can tuna (if you aren't using leftover chicken)
- (B, D) 1 1/4 cup mayonnaise
- (C) 1 lg can pear halves
- (D) 1/2 small jar of pimentos
- (F) 1 can tomato sauce
- (F) 1 can diced tomatoes
- (J) 1 jar pizza sauce (if not using leftover spaghetti sauce)

### **Dairy / Refrigerated**

- (A, B, C, E, G, I) 9 cups milk
- (A, H) 4 eggs
- (B, D, H) 3 3/4 cups grated cheddar cheese
- (E, G) vanilla (or fruit) flavored yogurt 3/4 cup per person, + 1 small container
- (F) cheese cubes
- (I) 1/2 cup butter
- (J) 2 cups mozzarella cheese

### **General Grocery/ Snacks and Nuts**

- (D) snack chips
- (H) crackers

### **Meat / Fish**

- (F) 1 lb ground beef
- (H) salad meats if not using leftovers
- (J) pepperoni (or pizza toppings of choice)

## *Week Five Menu*

### **Monday**

#### **Breakfast – A**

Fresh Diced Fruit  
Cottage cheese  
BOC

#### **Lunch – B**

BBQ Franks  
Macaroni and cheese (packaged or use recipe from week three - Monday)  
Pineapple chunks  
BOC

#### *BBQ Franks*

1 pkg hot dogs sliced thin (may substitute cooked, diced pork or chicken)  
¾ cup ketchup  
¾ cup water  
1 tsp mustard  
1 tbsp worstershire sauce

Mix all ingredients thoroughly in medium saucepan. Heat on medium until hot dogs are warmed through.

## **Tuesday**

### **Breakfast – C**

Scrambled eggs  
Diced or Sliced Tomatoes  
Milk

### **Lunch – D**

Griffin Fish  
Cooked Rice  
Steamed Vegetables  
BOC

#### *Griffin Fish*

2-4 fresh flounder or tilapia filets, boneless & skinless  
1 cup chicken broth  
¼ cup diced onions  
1 egg, beaten  
1 tsp parsley

Broil fish until cooked through. In small saucepan, sauté onions in butter until transparent. Add chicken broth and bring to a boil. Continue to boil and stream in the egg while stirring constantly so the egg cooks in thin ribbons and thickens the sauce. Add parsley just before serving. Place fish on deep platter and pour sauce over the top to serve.

## **Wednesday**

### **Breakfast – E**

Toast with all fruit spread  
Bacon  
Applesauce  
Milk

### **Lunch – F**

Ooey-Gooey Chicken Noodles  
Strawberries  
BOC

#### *Ooey-Gooey Chicken Noodles*

1 pkg egg noodles, cooked, drained  
1 can cream of chicken soup  
1 soup can of milk  
1 can chicken, drained  
½ cup grated mozzarella cheese  
Optional: add in ½ cup frozen broccoli or other frozen veggie mixture or diced tomatoes

Mix all ingredients together in large pot. Warm over medium heat for 15-20 minutes or until thoroughly heated.

## **Thursday**

### **Breakfast – G**

French Toast  
Bananas  
BOC

#### *French Toast*

4-5 slices of loaf bread, cut in half from top to bottom  
1 cup milk  
2 eggs  
1 tsp vanilla extract  
cinnamon  
1 tbsp butter or margarine

Combine milk, eggs and vanilla in blender. Leave top on blender but remove center opening. With blender on low, add in cinnamon until the mixture is light brown and frothy. Pour mix into bowl until ½ inch deep. Dip bread in mix to coat both sides. Melt just enough butter in skillet or on griddle to coat the surface. Brown toast on both sides in skillet over medium high heat.

### **Lunch – H**

Super Simple Chicken Fingers  
Carrot sticks  
Favorite dipping sauce  
BOC

#### *Super Simple Chicken Fingers (or nuggets)*

1 skinless, boneless chicken breast per serving  
1 egg, beaten  
flour  
crushed cornflakes, bread crumbs, chips (whatever you have on hand)

Cut chicken into strips or cubes. Roll in flour to coat. Dip in egg and then roll in crumbs. Spread evenly on baking sheet and bake at 450° F until juices run clear. These can also be fried in oil if you prefer but baking is much healthier. (Cooking time will vary depending on how thick your cubes or strips are)

## **Friday**

### **Breakfast - I**

Potato Pancakes  
Strawberries  
BOC

#### *Potato Pancakes*

2 cups grated fresh potatoes or frozen shredded or diced hashbrowns  
1 egg  
2 tbsp flour  
dash of onion powder and/or herb seasoning  
salt and pepper to taste

Mix all ingredients thoroughly in a large bowl. Melt enough butter in skillet or on griddle to just coat the surface. Spread potato mixture in thin rounds on skillet and brown on both sides. Serve hot.

### **Lunch – J**

Mexican Lasagna  
BOC

#### *Mexican Lasagna*

1 lb ground beef, browned and drained  
1 package of flour tortillas cut into 3 inch strips  
1 can diced tomatoes, not drained  
1 can tomato sauce  
1 can refried beans  
1 cups grated cheddar cheese  
1 cup grated Monterey Jack cheese  
1 packet taco seasoning or 1 tsp chili powder, ¼ tsp onion & garlic powders,  
ground pepper to taste

Combine tomatoes, tomato sauce and seasoning in bowl. In large casserole dish spread small amount of tomato mixture. Cover with layer of tortilla strips. Spread thin layer of tomato mixture on tortilla strips. Add layer of ground beef followed by layer of refried beans. Sprinkle with cheeses. Repeat layers until all the ingredients are used. Bake at 350° F for 30 minutes.

## *Week Five Shopping List*

### **Fresh Produce**

- (A) favorite fresh fruits and berries
- (B) pineapple chunks
- (C) 2 tomatoes
- (D) ¼ cup diced onions
- (D) fresh (or frozen) mixed vegetables for steaming
- (F, I) strawberries
- (G) bananas
- (H) carrot sticks
- (I) 2 cups potatoes (shredded or diced, or use frozen)
- (I) strawberries

### **Beverages**

kids' favorite beverage(s)

### **General Grocery / Cooking and**

#### **Baking**

- (B\*, H, I) 1 ¼ cups flour
- (D) 1 tsp parsley
- (G) 1 t. vanilla extract
- (G) 1 t. cinnamon
- (I) herb seasoning blend

### **General Grocery / Bakery and Breads**

- (E, G) sliced loaf bread
- (J) 1 pkg flour tortillas

### **General Grocery / Condiments and Sauces**

- (B) ¾ cup ketchup
- (B) 1 tsp mustard
- (B) 1 tbsp worstershire sauce
- (E) all fruit spread
- (H) favorite dipping sauce for chicken fingers

### **General Grocery / Dry Food and**

### **Mixes**

- (B\*) 1 pkg elbow macaroni
- (D) 2 cups rice
- (F) 1 pkg egg noodles
- (H) 1 ½ cups dry crumbs (bread, cracker, cornflakes)
- (J) 1 pkg taco seasoning mix

### **General Grocery / Canned and Bottled**

- (D) 1 cup chicken broth
- (E) applesauce
- (F) 1 can of cream of chicken soup
- (F) 1 can chicken
- (J) 1 can diced tomatoes
- (J) 1 can tomato sauce
- (J) 1 can refried beans

### **Dairy / Refrigerated**

- (A) cottage cheese
- (B\*, J) 3 cups grated cheddar cheese
- (B, C, E, F, G) 7 ½ cups milk
- (B, G) 2 T. butter
- (C, D, G, H, I) 11 eggs
- (F) ½ cup grated mozzarella cheese
- (J) 1 cup grated Monterey jack cheese

### **Frozen**

- (F) frozen broccoli or other vegetable of choice (optional) ½ cup

### **Meat / Fish**

- (B) 1 pkg hot dogs
- (D) 2-4 fresh flounder or tilapia fillets
- (H) skinless, boneless chicken breasts – enough for family
- (J) 1 lb ground beef
- (E) bacon – enough for family

\* Or use boxed macaroni & cheese

## *Week Six Menu*

### **Monday**

#### **Breakfast – A**

Fresh berries (buy whatever is in season where you are – or use frozen)  
Yogurt  
Granola  
BOC

Mix Berries, yogurt and granola.

#### **Lunch – B**

Stroganoff Stew  
Apples  
BOC

#### *Stroganoff Stew*

1 lb stew beef, browned and cubed  
2 cups of water  
1 can cream of mushroom soup  
1 tsp onion powder  
¼ tsp garlic powder  
1 tsp worstershire sauce  
1 8 oz container sour cream

Cook beef in water until fork tender. Stir in remaining ingredients except for sour cream and warm over medium high heat until bubbly. Stir in sour cream and serve. May add cooked, drained egg noodles to make this recipe stretch for a larger crowd.

## **Tuesday**

### **Breakfast – C**

Grilled Bulls-eye  
Juice

#### *Grilled Bulls-eye*

For each serving, butter one slice of bread. Cut large circle out of the middle. Place bread in hot skillet or on hot griddle. Place one egg (can be beaten if you prefer scrambled eggs) in center. Cook until egg is set on both sides.

### **Lunch – D**

Meatball Subs  
BOC

#### *Meatball Subs*

1 lb ground beef  
½ cup bread crumbs  
1 egg  
1 tsp seasoned salt or herb seasoning mix  
1 cup meatless spaghetti sauce  
grated mozzarella cheese  
hoagie buns

Mix together ground beef, bread crumbs, egg and seasoning. Shape into 1 ½ inch sized balls. Brown in skillet over medium heat. Add in spaghetti sauce and heat thoroughly. Spoon meatballs and sauce onto split rolls, sprinkle with cheese and serve.

## **Wednesday**

### **Breakfast – E**

Maple Oatmeal  
Milk

#### *Maple Oatmeal*

Cook oatmeal according to package directions except substituting milk for  $\frac{1}{4}$  of the water. During final minutes of cooking, stir in 1 tbsp of maple syrup per serving. Serve while hot.

### **Lunch – F**

Meat and Cheese Pita-Wiches  
Apples  
BOC

Open pita pockets and fill with your favorite meat and cheese sandwich fillings. Try to cook extra meat the night or two before and save for this lunch so you can have something fresh for these sandwiches. Add your favorite grated cheese, veggies and sandwich spread.

## **Thursday**

### **Breakfast – G**

Western Scramble  
BOC

#### *Western Scramble*

2 tablespoons butter  
6 large eggs  
1/4 cup finely chopped green bell pepper  
1/3 cup finely chopped onion  
3/4 cup milk  
3/4 cup chopped cooked ham  
3/4 teaspoon salt  
dash pepper

In skillet melt butter. Beat eggs and whisk in remaining ingredients. Pour mixture into hot skillet. Cook, stirring to cook evenly.

### **Lunch – H**

Chili Potatoes  
BOC

#### *Chili Potatoes*

1 baked potato for each serving  
Cooked chili (see week four for recipe - Wednesday)  
Grated cheddar cheese  
Sour cream

Split open potatoes. Spoon chili into potato cavity. Sprinkle with cheese and top with dollop of sour cream.

## **Friday**

### **Breakfast – I**

Banana Muffins  
Milk

#### *Banana Muffins*

2 cups self-rising flour  
2-3 over-ripe bananas, mashed  
2 eggs  
 $\frac{3}{4}$  cup sugar (may reduce if too sweet for your tastes)  
 $\frac{1}{2}$  cup chopped walnuts or pecans (optional)

Pour into greased and floured or paper lined muffin tin. Bake at 350 degrees for 18-20 minutes or until golden brown.

### **Lunch – J**

Teryaki wings  
Cooked rice  
Pineapple chunks  
BOC

#### *Teryaki Wings*

10-15 chicken wings or drumettes  
 $\frac{1}{2}$  cup soy sauce  
 $\frac{1}{4}$  cup brown sugar  
1 tbsp oil

Preheat oven to 425° F. Toss wings in large plastic bag with soy sauce, brown sugar and oil until coated. Spread evenly on baking sheet and bake until juices run clear.

## ***Week Six Shopping List***

### **Fresh Produce**

- (A) fresh berries
- (B, F, G, J) apples
- (F) fresh veggies for pita-wiches
- (G) ¼ cup chopped bell pepper
- (G) 1/3 cup chopped onion
- (H) baking potatoes – 1 per person
- (I) 2-3 overripe bananas
- (J) pineapple chunks – (or use canned)

### **Beverages**

- favorite beverage(s)
- fruit juice

### **General Grocery / Cooking and**

#### **Baking**

- (B) 1 tsp onion powder
- (B) ¼ tsp garlic powder
- (D) 1 tsp herb seasoning blend
- (I) 2 cups self-rising flour
- (I) ¾ cup sugar
- (I) ½ cup chopped walnuts or pecans (optional)
- (J) ¼ cup brown sugar
- (J) 1 T. oil

### **General Grocery / Bakery and Breads**

- (C) sliced loaf bread
- (D) hoagie buns
- (F) pitas

### **General Grocery / Condiments and Sauces**

- (B) 1 tsp worstershire sauce
- (E) 4 T. maple syrup
- (J) ½ cup soy sauce

### **General Grocery / Dry Food and Mixes**

- (A) 2 cups granola
- (D) ½ cup dry bread crumbs
- (E) 2 cups oatmeal
- (H) 1 pkg dry chili seasoning mix
- (J) 2 cups rice

### **General Grocery / Canned and Bottled**

- (B) 1 can cream of mushroom soup
- (D) 1 cup meatless spaghetti sauce
- (H) 1 can tomato sauce
- (H) 1 can diced tomatoes

### **Dairy / Refrigerated**

- (A) yogurt
- (B, H) 12 ounces sour cream
- (C, D, G, I) 13 eggs
- (D) 1 cup grated mozzarella cheese
- (C, G) 6 T. butter
- (H) 1 cup grated cheddar cheese
- (E, G, I) 5 ¾ cups milk
- (F) slice or shredded cheese for pita sandwiches

### **Meat / Fish**

- (B) 1 lb stew beef
- (D, H) 2 lbs ground beef
- (F) sandwich meats (if not using leftovers)
- (G) ¾ cup chopped ham
- (J) 10-15 chicken wings or drumettes

## *Week Seven Menu*

### **Monday**

#### **Breakfast – A**

Toasted English muffins with fruit spread  
Milk

#### **Lunch – B**

Mexican Quesadillas  
BOC

#### *Mexican Quesadillas*

1 can refried beans  
1 tsp Mexican seasoning or spices  
1 pkg flour tortillas  
grated cheddar cheese

Mix Mexican seasoning into refried beans and heat through. Spread layer on flour tortilla, top with cheese and another tortilla. Brown in skillet on both sides. Cut into wedges and serve.

## **Tuesday**

### **Breakfast – C**

Easy Apple Strudel  
Milk

#### *Easy Apple Strudel*

1 batch of 1-2-3 biscuit dough (recipe from week one - Monday)  
½ cup applesauce (chunky is best)  
cinnamon, 1 tsp + 1 dash  
1/3 cup brown sugar  
butter or margarine  
¾ cup powdered sugar  
milk

Place biscuits in center of small baking pan with sides touching. Spread applesauce evenly over biscuits. Sprinkle with cinnamon. Mix brown sugar and teaspoon of cinnamon with butter or margarine until just crumbly. Sprinkle over biscuits and bake according to recipe directions until done. While baking, mix powdered sugar with milk until just creamy. While strudel is still warm, drizzle with icing.

### **Lunch – D**

Stuffed tomatoes  
BOC

For each serving, half a fresh tomato and spoon out middle. Middle of tomato can be used in making your favorite chicken or tuna salad recipe. Fill tomato halves with chicken salad and serve.

## **Wednesday**

### **Breakfast – E**

Bunnies in the meadow  
Milk

#### *Bunnies in the Meadow*

Canned pear halves  
Cottage cheese  
Grated carrot strips (grate carrot with vegetable peeler to get wide strips)  
Lettuce leaves  
Raisins

For each serving, lay one pear half sliced side down on lettuce leaf. Place a spoonful of cottage cheese at the biggest end for the bunny's tail. With knife, cut two slits in the small end and place carrot strips into slits for ears. Put two raisins in the small end for eyes and serve.

### **Lunch – F**

1-2-3 lunch  
BOC

#### *1-2-3 Lunch*

For each serving, place the following on a plate:

1 thin slice of cooked meat or sandwich meat  
2 carrot sticks  
3 apples slices  
4 cheese cubes  
5 crackers

Make sure to have extra of each item for those wanting seconds. Make it fun and educational by having kids count out the items they get.

## **Thursday**

### **Breakfast – G**

Breakfast Pizzas  
BOC

#### *Breakfast Pizzas*

Brown ground sausage in skillet and drain. Return sausage to skillet and scramble eggs with sausage. Top crust (cooked biscuit halves, toast squares, English muffins, etc.) with scrambled egg mixture. Sprinkle with grated cheese (cheddar, mozzarella, Monterey Jack, etc.) and heat in oven or microwave till hot.

### **Lunch – H**

Deviled Eggs  
Cucumber chains  
Yogurt  
BOC

#### *Deviled Eggs with cucumber chains*

3-4 hard boiled eggs  
mayonnaise  
¼ tsp seasoning salt or herb seasoning  
paprika  
cucumbers

Peel and half eggs. Place cooked yolks in small bowl and mash. Stir in seasoning and enough mayonnaise to make mixture creamy. Spoon yolk mixture into cooked egg white halves. Sprinkle with paprika.

Peel and core cucumbers. Cut into ½ inch slices. In one side of each slice cut a small slit. Link slices together using slits to make chains.

## **Friday**

### **Breakfast – I**

Baked Oranges  
Vanilla Yogurt  
BOC

For each serving, you will need one half of a large navel orange. Score each orange wedges with a sharp knife being careful not to pierce the skin. Sprinkle orange half with sugar and bake at 350° F until sugar melts and orange is warm. Serve hot.

### **Lunch – J**

Mini-Meatloaves  
Mashed Potatoes  
Grapes  
BOC

#### *Mini-Meatloaves*

1 lb ground beef  
1 cup bread crumbs  
1 egg  
1 tbsp dried Italian seasoning  
ketchup

Mix together all ingredients except ketchup thoroughly. Press lightly into muffin cups and top with ketchup. Bake at 350 F for approximately 30-40 minutes until no pink remains in center.

#### *Quick Mashed Potatoes*

2-3 baked potatoes  
Hot Milk  
Butter or margarine  
Salt and pepper to taste

Mash potatoes in large bowl. Add 1-2 tbsp of butter and heat in microwave until butter is melted and potatoes are quite warm. Stir in milk a little at a time until the potatoes are as creamy as you like them. Add salt and pepper to taste.

## *Week Seven Shopping List*

### **Fresh Produce**

- (D) tomatoes – Large enough for your family for stuffed tomatoes
- (E) lettuce leaves
- (E, F) carrots
- (F) apples
- (I) navel oranges
- (J) grapes
- (H) cucumbers
- (J) 2-3 baking potatoes

### **Beverages**

kids' favorite beverages

### **General Grocery / Cooking and Baking**

- (C) 2 cups self-rising flour
- (C) 1/3 cup brown sugar
- (C) 3/4 cup powdered sugar
- (C) 1 1/8 tsp. cinnamon
- (H) 1/4 tsp. herb seasoning blend
- (H) paprika
- (I) 1/4 cup sugar
- (J) 1 tsp dry Italian seasoning blend

### **General Grocery / Bakery and Breads**

- (A, G) English muffins
- (B) 1 pkg flour tortillas

### **General Grocery / Condiments and Sauces**

- (A) all fruit spread
- (D, H) 1 cup mayonnaise
- (J) 1 cup ketchup

### **General Grocery / Dry Food and Mixes**

- (B) 1 tsp. mexican seasoning blend
- (E) 8 raisins
- (J) 1 cup dry bread crumbs

### **General Grocery / Canned and Bottled**

- (B) 1 can refried beans
- (C) 1/2 cup chunky applesauce
- (D) 1 can tuna or chicken
- (E) 1 can pear halves

### **Dairy / Refrigerated**

- (A, C, E, J) 9 cups milk
- (B) 1 cup grated cheddar cheese
- (C, J) 1/2 cup + 1 T. butter/margarine
- (E) cottage cheese
- (F) cheese cubes
- (G, H, J) 13 eggs
- (G) 1 cup grated mozzarella or Monterey jack cheese
- (I) vanilla yogurt (enough for family)

### **General Grocery/ Snacks and Nuts**

- (B) 20 crackers

### **Meat / Fish**

- (F) sandwich meats (if not using leftovers)
- (G) 1/2 lb. ground sausage
- (J) 1 lb ground beef

## *Week Eight Menu*

### **Monday**

#### **Breakfast – A**

French Toast Sticks  
Orange Slices  
BOC

#### *French Toast Sticks*

3 eggs  
3/4 cup milk  
1 teaspoon vanilla  
1 tablespoon butter  
4 slices bread, each cut, lengthwise, into 4 pieces  
cinnamon sugar  
maple syrup or applesauce

Melt butter in skillet. Mix eggs, milk and vanilla in bowl. Beat well, dip slices of bread in the mixture. Brown the soaked bread in skillet. Sprinkle with a little sugar and cinnamon and serve with a little cup of syrup or applesauce to dip in.

#### **Lunch – B**

Homemade Potato Soup  
BOC

#### *Homemade Potato Soup*

1 (14 1/2-ounce) can Swanson chicken broth  
1/8 teaspoon pepper  
4 green onions, sliced (about 1/2 cup)  
1 stalk celery, sliced (about 1/2 cup)  
3 medium potatoes (about 1 lb), peeled and sliced 1/4 inch thick  
1 1/2 cups skim milk

In medium saucepan mix broth, pepper, onions, celery and potatoes. Over high heat, heat to a boil. Reduce heat to low. Cover and cook 15 minutes or until vegetables are tender. Remove from heat. In blender or food processor, place half the broth mixture and 3/4 cup milk. Cover and blend until smooth. Repeat with remaining broth mixture and remaining milk. Return to pan. Over medium heat, heat through.

## **Tuesday**

### **Breakfast – C**

Omelets  
BOC

Preheat oven to 350° F. Beat 3-4 eggs in bowl with a small amount of milk or sour cream. Pour into hot ovenproof skillet and stir for just a few seconds. Then allow eggs to coat bottom of skillet evenly. Place skillet into hot oven and bake until eggs are set. Remove from oven and top one half with toppings of your choice: grated cheese, crumbled sausage or bacon, diced veggies, etc. Fold other half over, slice into wedges and serve.

### **Lunch – D**

Corn Dog Muffins  
Cube Cheese  
BOC

#### *Corn Dog Muffins*

- 2 pkgs of cornbread muffin mix
- 2 tbsp brown sugar
- 2 eggs
- 1 cup milk
- 1 can of whole kernel corn, drained
- 3-4 hot dogs, diced small

Preheat oven to 400° F. In bowl, combine cornbread mix and brown sugar. Combine eggs and milk and blend with cornbread mixture. Stir in corn and hot dogs. Fill greased muffin cups  $\frac{3}{4}$  full and bake for 15-20 minutes or until golden brown.

## **Wednesday**

### **Breakfast – E**

Gravy and Biscuits  
BOC

#### *Gravy and Biscuits*

1 batch of 1-2-3 biscuit dough (recipe from week one)  
1 to 2 cups of milk  
1 tbsp butter or margarine  
flour  
salt and pepper to taste  
optional: small amount of cooked crumbled sausage

Cook biscuits according to recipe. In skillet, melt 1 tbsp butter and stir in flour and sausage. Slowly stir in milk over medium high heat until mixture is thick and bubbly. Season with salt and pepper to taste. Spoon over hot biscuit halves and serve.

### **Lunch – F**

Homemade Chicken Nuggets  
Apples  
BOC

#### *Super Simple Chicken Fingers (or nuggets)*

1 skinless, boneless chicken breast per serving  
1 egg, beaten  
flour  
crushed cornflakes, bread crumbs, chips (whatever you have on hand)

Cut chicken into strips or cubes. Roll in flour to coat. Dip in egg and then roll in crumbs. Spread evenly on baking sheet and bake at 450° F until juices run clear. These can also be fried in oil if you prefer but baking is much healthier. (Cooking time will vary depending on how thick your cubes or strips are)

## **Thursday**

### **Breakfast – G**

Peanut Butter and Jelly Muffins  
Bananas  
BOC

#### *Peanut Butter and Jelly Muffins*

1  $\frac{3}{4}$  cup sifted all-purpose flour  
2  $\frac{1}{2}$  teaspoons baking powder  
2 tablespoons sugar  
 $\frac{3}{4}$  teaspoons salt  
2 tablespoons wheat germ  
 $\frac{1}{4}$  cup shortening  
 $\frac{1}{4}$  cup peanut butter  
1 egg, well beaten  
 $\frac{3}{4}$  cup milk  
grape preserves or flavor of choice

Sift flour, baking powder, sugar and salt into a mixing bowl; add wheat germ. Cut in shortening and peanut butter. In a separate bowl, beat egg with milk; add all at once to the first mixture. Stir just until moistened. Spoon batter into greased large muffin pans, filling about  $\frac{2}{3}$  full. Spoon about  $\frac{1}{2}$  to 1 teaspoon of preserves into the center of each. Bake at 400° for about 25 minutes, or until done.  
Makes about 10 muffins.

### **Lunch – H**

Grilled Cheese Sandwiches  
Snack Chips  
BOC

\*\*\*TIP\*\*\* Surprise your kids by using something other than traditional cheddar for grilled cheese sandwiches: like stringy mozzarella!

## **Friday**

### **Breakfast – I**

Better Than Poptarts  
Canned Peaches  
BOC

#### *Better Than Poptarts*

For each serving, you will need two slices of bread and 2T. All Fruit Filling – flavor of your choice. Spread filling between bread slices and toast in sandwich maker. Serve warm. If you don't have a sandwich maker, toast with preserves will work.

### **Lunch – J**

Chef salad with dressing (salad mix with chopped sandwich meats, chopped boiled eggs, and shredded cheese)  
Crackers  
BOC

## ***Week Eight Shopping List***

### **Fresh Produce**

- (A) oranges
- (B) 3 potatoes
- (B) ½ cup green onions
- (B) ½ cup celery
- (C) veggies for omelets
- (F) apples
- (G) bananas
- (J) salad fixings (lettuce, tomatoes, carrots, cucumbers)

### **Beverages**

favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (A) 1 tsp vanilla extract
- (A) 1 tsp. cinnamon
- (A, G) 1 cup + 2 T. sugar
- (D) 2 T. brown sugar
- (E, F, G) 3 cups flour
- (E) 2 cups self-rising flour
- (G) 2 ½ tsp baking powder
- (G) 2 tbsp wheat germ
- (G) ¼ cup shortening

### **General Grocery / Bakery and Breads**

(A, H, I) sliced loaf bread

### **General Grocery / Condiments and Sauces**

- (A) maple syrup (or applesauce)
- (G) ¼ cup peanut butter
- (G) ¾ cup grape preserves or flavor of choice
- (I) ½ cup all fruit spread

### **General Grocery / Dry Food and Mixes**

- (D) 2 pkgs cornbread muffin mix
- (F) 1 ½ cups dry bread crumbs (or cornflakes or crackers)
- (J) crackers

### **General Grocery / Canned and Bottled**

- (B) 1 can chicken broth
- (D) 1 can whole kernel corn
- (I) 1 can peaches

### **Dairy / Refrigerated**

- (A, B, D, E, G) 7 cups milk
- (A, C, D, F, G, J) 13 eggs
- (C, J) 2 cups grated cheddar cheese
- (D) cheese cubes
- (E) 5 tbsp butter
- (H) cheese slices – enough for grilled cheese for family

### **General Grocery/ Snacks and Nuts**

(H) snack chips

### **Meat / Fish**

- (E) ½ lb ground sausage (optional)
- (C) bacon or omelet toppings of choice
- (D) 3-4 hot dogs
- (F) skinless boneless chicken breasts – 1 per person
- (J) sandwich meats (if not using leftovers)

## *Week Nine Menu*

### **Monday**

#### **Breakfast – A**

Breakfast stir-fry  
Oranges  
BOC

#### *Breakfast Stir-fry*

2-3 eggs, beaten  
¼ cup diced onion  
½ cup diced mushrooms  
½ cup diced cooked broccoli (or other green veggie of your choice)  
½ cup diced tomatoes

Saute onions, mushrooms and broccoli in butter or margarine until onions are transparent. Set aside. In same skillet, scramble eggs until almost done. Stir in onion mixture then remove from heat. Toss with diced tomatoes and serve.

#### **Lunch – B**

Mini-Cheeseburgers  
Snack chips  
Pickles  
BOC

#### *Mini-cheeseburgers*

1 lb ground beef  
½ cup bread crumbs  
1 egg  
1 tbsp steak seasoning  
cheese slices  
small square rolls

Mix first four ingredients thoroughly in large bowl. Place mixture between two sheets of waxed paper and press or roll until square ¼ inch thick. Cut large square into smaller 3 inch squares. Brown patties in hot skillet. Just before removing from pan, top with cheese. Serve on warmed rolls.

## **Tuesday**

### **Breakfast – C**

Malt O Meal  
BOC

Prepare Malt O Meal According To Package Directions. Pour into bowls and add a little milk, brown sugar and raisins if desired.

### **Lunch – D**

Italian Pasta Toss  
BOC

#### *Italian Pasta Toss*

1 pkg egg noodles, cooked, drained but still hot  
1 can Italian seasoned diced tomatoes, drained  
½ cup grated mozzarella cheese

Toss together all ingredients and serve warm.

## **Wednesday**

### **Breakfast – E**

Make your own fruit salad  
BOC

Dice up fresh fruits of your choice. Mix a small container of fruit or vanilla flavored yogurt with small amount of milk until runny. Give each child a bowl and allow them to choose and mix fruits for their salad. Drizzle with yogurt mixture and sprinkle with crumbled granola or Cherrios if desired.

### **Lunch- F**

Chicken Enchiladas  
BOC

#### *Chicken Enchiladas*

- 2 cups cooked chicken, shredded
- 1 can refried beans
- 1 can diced tomatoes, drained
- 1 cup grated cheddar cheese
- 1 cup sour cream
- 1 tbsp Mexican seasoning
- 1 can diced tomatoes, not drained
- 1 pkg flour tortillas

Preheat oven to 350° F. Mix together first five ingredients with ½ tbsp of seasoning. Spread mixture onto tortillas, roll up and place fold side down in casserole dish. Mix remaining seasoning with 2<sup>nd</sup> can of diced tomatoes not drained. Pour over tortillas and bake for 30 minutes.

## **Thursday**

### **Breakfast – G**

Breakfast sundaes  
BOC

#### *Breakfast Sundaes*

Frozen (or regular) vanilla yogurt  
Bananas  
Favorite all fruit spread  
May also add chopped nuts if desired

Place peeled bananas in bowl. Top with 1-2 scoops of yogurt. Top as desired and serve.

### **Lunch – H**

White Cheesy Hamburger-Roni  
Fruit Cocktail  
BOC

#### *White Cheesy Hamburger-Roni*

1 pkg macaroni noodles, cooked and drained  
1 lb ground turkey, cooked  
1 can cream of mushroom soup  
½ cup milk  
1 cup grated white cheddar cheese

Stir together all ingredients and heat thoroughly. Serve hot.

## **Friday**

### **Breakfast – I**

Cheddar biscuits  
Applesauce  
Milk

#### *Cheddar Biscuits*

Prepare 1-2-3 biscuit recipe (week one – Monday) adding ½ cup grated cheddar cheese to dough and bake according to recipe directions.

### **Lunch – J**

Cheese Stuffed Pasta and Sauce  
BOC

#### *Cheese Stuffed Pasta and Sauce*

- 1 pkg manicotti or lasagna noodles, cooked, drained and cooling in water
- 1 cup cottage or ricotta cheese
- 1 cup grated mozzarella cheese
- ½ cup parmesan cheese
- 1 egg
- 1 tsp Italian seasoning
- 1 cup spaghetti sauce

Preheat oven to 350° F. Mix together cheeses with egg and Italian seasoning. Stuff manicotti or lasagna noodles rolled up. Place stuffed pasta in large baking dish. Top with spaghetti sauce and bake for 30-35 minutes.

## ***Week Nine Shopping List***

### **Fresh Produce**

- (A) oranges
- (A) ¼ cup diced onion
- (A) ½ cup sliced fresh mushrooms
- (A) ½ cup chopped broccoli
- (A) ½ cup diced tomatoes
- (E) fresh fruits for fruit salad
- (G) bananas

### **Beverages**

favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (F) 1 tbsp Mexican seasoning blend
- (I) 2 cups self-rising flour
- (J) 1 tsp Italian seasoning blend
- (G) ½ cup chopped nuts (optional)

### **General Grocery / Bakery and Breads**

- (B) small square rolls / mini hamburger buns
- (B) 1 tsp steak seasoning
- (F) 1 pkg large tortillas

### **General Grocery / Condiments and Sauces**

- (G) all fruit spread

### **General Grocery / Dry Food and Mixes**

- (B) ½ cup bread crumbs
- (D) 1 pkg egg noodles
- (H) 1 pkg macaroni noodles
- (J) 1 pkg manicotti or lasagna noodles

### **General Grocery / Cereal and Breakfast**

- (C) Malt-O-Meal
- (E) Granola or Cheerios (optional)

### **General Grocery / Canned and Bottled**

- (B) pickles
- (D) 1 can Italian diced tomatoes
- (F) 2 cans chicken (if not using leftover chicken)
- (F) 2 cans diced tomatoes
- (F) 1 can refried beans
- (H) 1 can cream of mushroom soup
- (H) 1 can fruit cocktail
- (I) applesauce
- (J) 1 cup spaghetti sauce

### **Dairy / Refrigerated**

- (A, B, J) 5 eggs
- (D, E, G, H, I) 5 ¾ cups milk
- (B) cheddar cheese slices – 1 per person
- (F, I) 1 ½ cups grated cheddar cheese
- (D, J) 1 ½ cups grated mozzarella cheese
- (E) vanilla yogurt – 1 small container
- (F) 1 8oz container sour cream
- (H) 1 cup grated white cheddar cheese
- (I) 3 tbsp butter or margarine
- (J) 1 cup cottage or ricotta cheese
- (J) ½ cup parmesan cheese

### **Frozen**

- (G) frozen vanilla yogurt (or regular) – 1 cup per person

### **General Grocery/ Snacks and Nuts**

- (B) snack chips

### **Meat / Fish**

- (B) 1 lb ground beef
- (H) 1 lb ground turkey

## *Week Ten Menu*

### **Monday**

#### **Breakfast – A**

Breakfast pita pockets  
BOC

Fill pita pocket halves with hot scrambled eggs, cooked veggies, cheeses and crumbled sausage or bacon and serve.

#### **Lunch – B**

Tuna Cheesy Melts  
BOC

#### *Tuna Cheesy Melts*

1 can flake tuna, drained  
¼ cup mayonnaise  
1 tsp herb seasoning  
1 cup grated cheddar cheese  
4-6 slices bread

Mix together first four ingredients and spread evenly on bread slices. Heat under broiler until cheese melts. Serve warm.

## **Tuesday**

### **Breakfast – C**

Monkey Milk

Tropical Fruit Salad (pineapple chunks, bananas, mandarin oranges, sprinkled with coconut)

Scrambled Eggs

#### *Monkey Milk*

For each serving, blend one banana and 1 cup of milk with a few drops of yellow food coloring.

### **Lunch – D**

Roast Beef Pitas

Grapes

BOC

#### *Roast Beef Pitas*

1 cup plain yogurt

½ tsp dried dill

1 tsp mustard

1 medium bell pepper, diced

4 pita halves, cut open

¾ lbs thin sliced cooked roast beef

1 cup alfalfa sprouts

Stir together yogurt, dill, mustard and pepper and spread on the inside of each pita half. Fill each pita pocket with ¼ of the roast beef and ¼ of the alfalfa sprouts and serve.

## **Wednesday**

### **Breakfast – E**

River Potatoes  
Bananas  
BOC

#### *River Potatoes*

4 baked potatoes, cooled and cubed (leave the skins on)  
1 red onion sliced thin  
4 bacon strips  
¼ cup grated cheddar cheese  
salt and pepper to taste

Fry bacon in large skillet until done. Remove bacon from pan but leave oil.\*\* Add onions to hot pan and sauté until transparent. Add in potatoes and cook until browned. You will have to stir the potatoes often to allow for nice browning without burning. When potatoes are done, crumble bacon into the pan and toss. Serve with a sprinkling of grated cheddar cheese and/or dollop of sour cream.

\*\*Note: if you are using something other than pork bacon, you may have to add a small amount of oil (whatever all purpose oil you use) to the pan before adding the onions.

### **Lunch – F**

Italian Grilled Cheese  
Grapes  
BOC

#### *Italian Grilled Cheese*

4 slices of Italian bread, 1” thick  
4 slices of mozzarella cheese  
3 large eggs  
½ cup milk  
¾ tsp Italian seasoning  
1 tsp minced garlic  
2/3 cup Italian seasoned bread crumbs (or make your own bread crumbs and add in about ½ tsp Italian seasoning)

Cut a 3-4 inch pocket in each slice of bread and stuff pocket with cheese. In a bowl, beat together eggs, milk, Italian seasoning and garlic. Soak bread in egg mixture for 1-2 minutes on each side. Dip bread into bread crumbs to coat on both sides. Grill sandwiches in hot skillet or griddle until golden brown on each side and cheese is melted.

## **Thursday**

### **Breakfast – G**

Wacky Waffle Stacks  
BOC

#### *Wacky Waffle Stacks*

- 3 warm waffles or pancakes (this is why you make double batches and freeze them!)
- ¼ cup flavored cream cheese
- 1 ½ tsp all fruit spread
- 1 sliced banana

Spread cream cheese on waffle and top with fruit spread. Arrange ½ of fruit of top. Top with another waffle. Repeat layers ending with last waffle. Cut waffles into wedges and serve.

### **Lunch – H**

Sticky Chicken  
Cooked rice  
BOC

#### *Sticky Chicken*

- ½ cup balsamic vinegar
- ½ cup soy sauce
- ½ cup sugar
- 2 tsp minced garlic
- ½ tsp ground ginger
- 1/8 tsp ground pepper
- 3-4 boneless, skinless chicken breasts, cubed or cut into strips

Combine all ingredients except chicken in large plastic storage bag. Close bag and shake until sugar is dissolved. Add chicken and turn to coat pieces well. Allow to marinate for at least 1 hour before cooking. To cook, transfer chicken and marinade to large skillet and bring to boil over medium high heat. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. When chicken is thoroughly cooked, remove from marinade and keep warm wrapped in foil in the oven. Increase heat under marinade to medium high and simmer, stirring constantly, until syrupy, about 8-10 minutes. Return chicken to skillet turning to coat and serve.

## **Friday**

### **Breakfast – I**

Cottage Eggs  
Grapes  
BOC

#### *Cottage Eggs*

4 eggs, beaten  
¼ cup milk  
¼ cup cottage cheese  
salt and pepper to taste

Beat eggs together in medium bowl with milk, cheese, salt and pepper. Pour into hot skillet that has been greased with a small amount of oil or melted butter. Turn and cook as you would regular scrambled eggs. Serve immediately.

### **Lunch – J**

Finger Foods Fun  
Turkey “Toes”  
Veggie sticks (carrots, celery, bell peppers, broccoli, etc)  
Favorite dipping sauce  
BOC

#### *Turkey Toes*

1 skinless, boneless turkey breast cutlet per serving  
1 egg, beaten  
flour  
crushed cornflakes, bread crumbs, chips (whatever you have on hand)

Cut turkey into strips or cubes. Roll in flour to coat. Dip in egg and then roll in crumbs. Spread evenly on baking sheet and bake at 450° F until juices run clear. These can also be fried in oil if you prefer but baking is much healthier. (Cooking time will vary depending on how thick your cubes or strips are)

## ***Week Ten Shopping List***

### **Fresh Produce**

- (A) fresh veggies for breakfast pitas
- (C) fresh tropical fruits (pineapple, bananas, mandarin oranges, fresh coconut)
- (C, E, G) 12 bananas
- (D, F) grapes
- (D) 1 medium bell pepper
- (D) 1 cup alfalfa sprouts
- (E) 4 baking potatoes
- (E) 1 small red onion
- (F, H) 3 tsp minced garlic
- (J) veggie sticks (carrots, celery, cucumbers, peppers etc)

### **Beverages**

- kids' favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (B) 1 tsp herb seasoning blend
- (D) ½ tsp dried dill
- (F) ¾ tsp Italian seasoning blend
- (H) ½ cup sugar
- (J) 1 cup flour

### **General Grocery / Bakery and Breads**

- (A, D) 8 pitas
- (B) sliced loaf bread
- (F) 4 slices thick Italian bread

### **General Grocery / Condiments and Sauces**

- (B) ¼ cup mayonnaise
- (D) 1 tsp. mustard
- (G) 6 tsp all fruit spread
- (H) ½ cup balsamic vinegar

- (H) ½ cup soy sauce
- (H) ½ tsp ground ginger
- (J) favorite dipping sauce for chicken nuggets

### **General Grocery / Dry Food and Mixes**

- (F) 2/3 cup dry Italian seasoned bread crumbs
- (J) 1 ½ cups dry bread crumbs (or use crushed cornflakes or crackers)

### **General Grocery / Canned and Bottled**

- (B) 1 can flake tuna

### **Dairy / Refrigerated**

- (A, C, F, I, J) 24 eggs
- (A, B, E) 2 ¼ cups grated cheddar cheese
- (C, F, I) 4 ¾ cups milk
- (D) 1 cup plain yogurt
- (F) 4 slices mozzarella cheese
- (G) 1 cup flavored cream cheese
- (I) ¼ cup cottage cheese

### **Frozen**

- (G) waffles or pancakes – or make your own

### **Meat / Fish**

- (A, E) 12 slices of bacon
- (D) ¾ lb thin sliced cooked roast beef
- (G) 3-4 large boneless, skinless chicken breasts
- (J) 1 skinless, boneless turkey breast per person

## *Week Eleven Menu*

### **Monday**

#### **Breakfast – A**

Fruity Burritos  
BOC

#### *Fruity Burritos*

1 pkg flour tortillas  
Diced fresh fruits of your choice – it's best to have at least 2-3 different fruits in different colors – for example: apples, strawberries and mandarin oranges  
Vanilla or plain yogurt  
Grated coconut, optional

Lay tortilla flat and spread with yogurt. Top with fruits and coconut. Roll up and serve.

#### **Lunch – B**

Coconut shrimp  
Carrot sticks  
Cole slaw or Salad  
BOC

#### *Coconut Shrimp*

2 lg Egg whites  
1 1/3 cup bread crumbs, fine  
6 tbsp grated coconut  
½ tsp finely minced garlic  
ground pepper to taste  
24 lg Shrimp, peeled and deveined

Preheat the oven to 500° F. Lightly spray a baking sheet with olive oil spray. In a small bowl, beat the egg whites lightly with a fork. In a small plastic bag, combine the bread crumbs, coconut, and garlic and pepper.

One at a time, dip each shrimp into the egg whites and then into the plastic bag and shake to coat with bread crumb mixture. Lay the shrimp on the baking sheet and bake for 10 to 12 minutes, until the shrimp are golden and cooked through, turning once with a spatula halfway through cooking.

## **Tuesday**

### **Breakfast – C**

Apple Cinnamon Biscuits  
Milk

#### *Apple Cinnamon Biscuits*

1 batch of 1-2-3 biscuit dough prepared biscuits (week one – Monday)  
1 cup chunky applesauce  
ground cinnamon

Preheat oven to 350° F. Split biscuits in half and place cut side up into muffin cups. Spoon applesauce over tops of biscuits and sprinkle with cinnamon. Bake for 10-15 minutes or until applesauce is bubbly. Serve immediately.

### **Lunch – D**

Taco Soup  
Tortilla chips  
BOC

#### *Taco Soup*

1 lb. ground beef  
1 can diced tomatoes  
1 can red kidney beans  
1 can pinto beans  
1 can white corn  
1 package taco seasoning  
1 package ranch dressing mix  
Shredded cheddar cheese

Brown the ground beef in a skillet. Drain. Transfer the ground beef to a large pot and add all cans (undrained), taco seasoning and ranch dressing mix. Let simmer for at least 30 minutes. This also works great in a crock pot. You can also add some egg noodles if desired. Sprinkle with shredded cheese.

#### *Tortilla Chips*

5-6 flour tortillas  
vegetable oil  
salt or salt-free herb seasoning

Very lightly brush tortillas on one side with oil. Cut into 2 inch triangles or ½ by 2 inch strips. Sprinkle with salt or seasoning and toss. Spread out on separate baking sheets and bake at 350° F 5-10 minutes or until crispy and starting to brown.

## **Wednesday**

### **Breakfast – E**

Breakfast Mess  
Orange Slices  
BOC

#### *Breakfast Mess*

2-3 large baking potatoes, cubed  
1/2 lb ground sausage  
4-5 eggs, beaten  
1 bell pepper  
salt and pepper to taste  
1 pkg flour tortillas  
optional, salsa

Boil potatoes in water until fork tender. Drain and set aside. Brown sausage in large skillet with pepper. Add potatoes and cook until they start to brown. Add eggs and stir until eggs are set. Serve hot with tortillas and salsa.

### **Lunch – F**

White Macaroni and Cheese  
Grapes  
BOC

#### *White Mac & Cheese*

1 package elbow macaroni, cooked and drained  
2 cups grated white cheddar cheese  
1 cup milk  
2 tbsp flour  
1 tbsp butter or margarine

Melt butter in large pot over medium high heat. Add in flour and stir until it comes together. Slowly stir in milk and continue cooking until it begins to thicken. Add in cheese a little at a time and stir until all the cheese is melted. Add cooked noodles and toss until coated.

## **Thursday**

### **Breakfast – G**

Baked French Toast  
Milk

#### *Baked French Toast*

4-5 slices of thick French or Italian bread  
1 ½ cups milk  
3 eggs  
1 tbsp vanilla extract  
cinnamon

Lay bread slices down flat in large casserole dish. Combine milk, eggs and vanilla in blender. Leave top on blender but remove center opening. With blender on low, add in cinnamon until the mixture is light brown and frothy. Pour mix over bread in casserole. Let sit for at least 30 minutes in the fridge to absorb liquid. Bake at 350° F for 45 minutes to one hour. Toast is done when the bread is no longer soggy and is beginning to brown on the edges.

### **Lunch – H**

Poor Boy Sandwiches  
Apples  
BOC

#### *Poor Boy Sandwiches*

3 eggs  
2 tsp milk  
salt and pepper to taste  
1 medium baked potato, diced  
1 small onion, diced  
½ cup cooked ham, diced  
swiss cheese  
sandwich rolls

Beat eggs and milk together with salt, pepper, potato, onion and ham. Pour into skillet and cook over medium heat until eggs start are set. Serve topped with cheese on rolls.

## **Friday**

### **Breakfast – I**

Fruity oatmeal  
Milk

*Fruity oatmeal*

Cook oatmeal according to package directions except substituting milk for  $\frac{1}{4}$  of the water. During final minutes of cooking, stir in 2 tbsp of fresh diced fruit or 1 tbsp all-fruit spread per serving. Serve while hot.

### **Lunch – J**

Mandarin Chicken Salad  
Crackers  
BOC

Toss together shredded lettuce, mandarin orange wedges, shredded or diced cooked chicken and almond slivers. Sprinkle a few drops of sesame oil and lemon juice on top and toss again. Serve immediately.

## ***Week Eleven Shopping List***

### **Fresh Produce**

- (A) diced fresh fruits and berries
- (B) carrot sticks
- (B) coleslaw or cabbage to prepare your own or salad
- (B) ½ tsp minced garlic
- (E) oranges
- (E, H) 3-4 lg baking potatoes
- (E) 1 medium bell pepper
- (F) grapes
- (H) apples
- (H) 1 small onion
- (J) lettuce - shredded

### **Beverages**

favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (A, B) ½ cup grated coconut
- (C, F) 2 T. flour
- (C, G) 3 tsp. cinnamon
- (D) ¼ cup vegetable oil
- (G) 1 tsp vanilla extract
- (J) ½ cup almond slivers
- (J) 1/8 cup sesame oil
- (J) 1/8 cup lemon juice

### **General Grocery / Bakery and Breads**

- (A, D, E) 3 pkgs flour tortillas
- (G) 4-5 slices Italian or French bread – thick sliced
- (H) sandwich rolls – 1 per person

### **General Grocery / Condiments and Sauces**

- (E) salsa (optional)
- (I) 4 T. all fruit spread

### **General Grocery / Dry Food and Mixes**

- (B) 1 1/3 cup fine bread crumbs
- (D) 1 pkg taco seasoning mix
- (D) 1 pkg ranch dressing mix
- (F) 1 pkg elbow macaroni noodles
- (I) oatmeal – enough for family
- (J) crackers

### **General Grocery / Canned and Bottled**

- (C) 1 cup chunky applesauce
- (D) 1 can diced tomatoes
- (D) 1 can red kidney beans
- (D) 1 can pinto beans
- (D) 1 can white corn
- (J) 1 can mandarin oranges
- (J) 1 can chicken (if not using leftovers)

### **Dairy / Refrigerated**

- (A) 2 cups vanilla or plain yogurt
- (B, E, G, H) 13 eggs
- (C, E, F, G, H, I) 8 cups milk
- (C, F) 4 tbsp butter
- (D) 1 cup grated cheddar cheese
- (F) 2 cups grated white cheddar cheese
- (H) sliced swiss cheese – 1 slice per person

### **Meat / Fish**

- (B) 24 large shrimp
- (D) 1 lb ground beef
- (E) ½ lb ground sausage
- (H) ½ cup diced ham

## *Week Twelve Menu*

### **Monday**

#### **Breakfast – A**

Bagels with Cream Cheese  
Strawberries  
Milk

#### **Lunch – B**

Peanut Butter and Jelly Pinwheels  
Snack chips  
BOC

#### *Peanut Butter and Jelly Pinwheels*

Flatten bread with a rolling pin – spread with peanut butter and then top with all fruit spread – roll and slice.

## **Tuesday**

### **Breakfast – C**

Hashbrown Casserole  
Oranges  
BOC

#### *Hashbrown Casserole*

2 cups frozen shredded or diced hashbrowns  
1 cup crumbled cooked bacon or sausage  
2 eggs, beaten  
1 cup shredded cheddar cheese  
salt and pepper to taste

Mix all ingredients thoroughly in a large bowl. Press into greased muffin tin. Bake at 350°F for 20-30 minutes or until toothpick inserted into center comes out clean.

### **Lunch – D**

Make Your Own Pizzas  
BOC

#### *Make Your Own Pizzas*

English muffins  
1 jar pizza sauce (or leftover homemade spaghetti sauce)  
Shredded mozzarella cheese  
Optional toppings: sliced pepperoni, sliced mushrooms, fresh diced tomatoes, diced bell peppers, etc.

Spread sauce on English muffins. Give to kids along with toppings and allow them to create their own pizzas. Bake in 350°F or toast in toaster oven just until cheese melts.

## **Wednesday**

### **Breakfast – E**

Homemade Granola bars  
Yogurt  
BOC

#### *Homemade Granola Bars Recipe*

4 cups quick cook oatmeal, unprepared  
 $\frac{3}{4}$  cup chocolate chips  
 $\frac{3}{4}$  cup grated coconut  
 $\frac{3}{4}$  cup chopped nuts/dried fruit  
 $\frac{3}{4}$  cup honey  
 $\frac{3}{4}$  cup peanut butter  
milk as needed

Mix all ingredients together in a large bowl, adding small amounts of milk until the dough begins to stick together. Press mix into well greased large baking pan that has a  $\frac{1}{2}$  inch lip on the edge. Bake at 325° F for 40-45 minutes or until the edges just start to brown. Cut into desired size bars while still hot but do not remove from pan until completely cool.

Chocolate chips, coconut and chopped nuts/dried fruit may be taken out and replaced with other ingredients of your choice. Also, if there is a peanut allergy, the peanut butter may be omitted and the honey doubled.

### **Lunch – F**

Mater Sandwiches  
Apple Slices  
BOC

#### *Mater Sandwiches*

1-2 fresh garden tomatoes  
sandwich bread  
mayonnaise (or your favorite sandwich spread)  
salt and pepper to taste

Slice the tomatoes about  $\frac{1}{4}$  inch thick. Spread mayonnaise on one side of bread. Sprinkle with salt and pepper. Lay tomato slices on bread and top with another slice of bread. Cut in half and serve.

## **Thursday**

### **Breakfast – G**

Breakfast pigs-n-blankets  
Bananas  
BOC

#### *Breakfast Pigs-n-blankets*

1 batch of 1-2-3 biscuit dough (recipe from week one - Monday)  
1 tbsp butter or margarine  
1 8oz pkg frozen brown-n-serve sausage links

Divide biscuit dough into 10-12 pieces. On a lightly floured surface, roll out each biscuit into a 4” circle; brush with butter/margarine. Place a sausage link in the center of each biscuit and roll up making sure to pinch the ends of the dough to seal it. Cut each widthwise into four pieces and insert toothpick into each. Place on ungreased baking sheet and bake at 375°F for 8-10 minutes or until golden brown.

### **Lunch – H**

Lasagna Soup  
BOC

#### *Lasagna Soup*

1 can diced Italian spiced tomatoes  
1 can tomato sauce  
1 cup fresh sliced mushrooms  
½ cup diced onion  
1 tsp diced garlic  
1 tsp Italian herb seasoning  
1 cup cottage cheese  
grated mozzarella and parmesan cheeses

Saute onion, mushrooms and garlic in skillet until tender. Add all ingredients to crock pot with 1-2 cups of water. Cook on low to medium heat at least 2 hours. Just before serving, stir in cottage cheese. Ladle soup in bowl and sprinkle top with mozzarella and parmesan cheeses.

## **Friday**

### **Breakfast – I**

Fruity Omelet  
BOC

#### *Fruity Omelet*

2 eggs  
1 tbsp milk  
1 tbsp oil  
2 tbsp vanilla yogurt  
1/3 cup diced fruit or berries  
1 tsp brown sugar

Combine eggs and milk in large bowl and beat with fork but not till frothy. Pour egg mixture into hot skillet and let cook until set. Place in oven under broiler to set top of eggs. Remove pan from oven. Spread yogurt on eggs then top with fruit. Fold omelet in half and sprinkle with sugar. Cut into wedges and serve.

### **Lunch – J**

Pimento cheese sandwiches  
Snack chips  
BOC

\*\*\*TIP\*\*\* Try something new and use a different cheese with this recipe for a unique taste!

#### *Granny's Pimento Cheese*

½ small jar of pimentos  
2 cups grated sharp cheddar cheese  
mayonnaise  
dash of salt (may be omitted)

Combine cheese with mayonnaise until the consistency you desire is reached (some people like chunky pimento cheese – others like creamier pimento cheese). Add in pimentos and salt with a small amount of the juice from the jar of pimentos. Stir until well blended. Refrigerate at least 2 hours before spreading on bread for sandwiches.

## ***Week Twelve Shopping List***

### **Fresh Produce**

- (A) strawberries
- (C) oranges
- (F) apples
- (F) 1-2 lg fresh tomatoes
- (G) bananas
- (H) ½ cup diced onion
- (H) 1 tsp diced garlic
- (H) 1 cup sliced fresh mushrooms
- (I) 1/3 cup diced fresh fruits and berries

### **Beverages**

favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (E) ¾ cup chocolate chips
- (E) ¾ cup grated coconut
- (E) ¾ cup chopped nuts or dried fruit
- (G) 2 cups self-rising flour
- (H) 1 tsp Italian herb seasoning blend
- (I) 1 tsp brown sugar
- (I) 1 T. oil

### **General Grocery / Bakery and Breads**

- (A) bagels
- (B, F) sliced loaf bread
- (D) English muffins

### **General Grocery / Condiments and Sauces**

- (B, E) ¼ cup peanut butter
- (B) ¼ cup all fruit spread
- (E) ¾ cup honey
- (F, J) 5/8 cup mayonnaise

### **General Grocery / Cereal and Breakfast**

- (E) 4 cups quick cooking oatmeal

### **General Grocery / Canned and Bottled**

- (D) 1 jar pizza sauce (if not using leftovers)
- (H) 1 can Italian diced tomatoes
- (H) 1 can tomato sauce
- (J) ½ jar diced pimentos

### **Dairy / Refrigerated**

- (A, E, G, I) 5 ½ cups milk
- (A) cream cheese for bagels
- (C, I) 4 eggs
- (C) 1 cup shredded cheddar cheese
- (D, H) 1 ½ cups mozzarella cheese
- (E) flavored yogurt – enough for family
- (G) 4 tbsp butter
- (H) 1 cup cottage cheese
- (H) ½ cup parmesan cheese
- (J) 2 cups shredded sharp cheese
- (I) 2 tbsp vanilla yogurt

### **Frozen**

- (C) 2 cups hashbrowns

### **General Grocery/ Snacks and Nuts**

- (B, J) snack chips

### **Meat / Fish**

- (C) 1 cup crumbled bacon or sausage
- (D) pepperoni – or favorite pizza topping
- (G) 1 8 oz pkg sausage links

## *Week Thirteen Menu*

### **Monday**

#### **Breakfast – A**

Cold cereal with milk  
Bananas  
BOC

#### **Lunch – B**

Egg Salad Sandwiches  
Grapes  
BOC

#### *Egg Salad Sandwiches*

8 eggs, hard boiled  
1/3 cup mayonnaise  
1/3 cup plain yogurt  
3 tbs relish, either sweet or dill  
1 tbs onion, chopped

Cool and shell the eggs, then mash them. Mix in mayo, relish, yogurt and onion. Mix well. Make sandwiches on thin bread and slice into triangles.

## **Tuesday**

### **Breakfast – C**

English muffins with all fruit spread  
Fresh Pineapple  
BOC

### **Lunch – D**

Fettucini Alfredo  
French Bread or Toast Buttered and Sprinkled with Garlic Salt  
BOC

#### *Fettucini Alfredo*

- 1 package fettucini or linguine noodles, cooked and drained
- 2 cups fresh grated parmesan cheese
- 1 cup milk
- 2 tbsp flour
- 1 tbsp butter or margarine

Melt butter in large pot over medium high heat. Add in flour and stir until it comes together. Slowly stir in milk and continue cooking until it begins to thicken. Add in cheese a little at a time and stir until all the cheese is melted. Add cooked noodles and toss until coated.

## **Wednesday**

### **Breakfast – E**

Dutch Babies  
BOC

#### *Dutch Babies*

1/3 cup butter (no substitutions)  
4 eggs  
1 cup milk  
1 cup flour  
Maple syrup, flavored syrup, or pie filling  
Whipped cream (optional)

Divide butter in half and place each half in a pie pan. Insert pans into a 425 degree oven to melt butter. Blend eggs in a blender for 1 minute. Continue blending and gradually pour in milk. Gradually add in flour, and blend another minute. Remove pie pans from the oven and pour batter into pans (dividing evenly). Bake at 425 degrees until puffy and lightly brown (approx. 20-25 min.) Serve warm with your choice of toppings - maple syrup, flavored syrup, warm pie filling and whip cream.

### **Lunch – F**

French bread pizza  
Peaches  
BOC

#### *French Bread Pizzas*

French bread loaves, split in half length wise  
1 jar pizza sauce (or leftover homemade spaghetti sauce)  
Shredded mozzarella cheese  
Optional toppings: sliced pepperoni, sliced mushrooms, fresh diced tomatoes, diced bell peppers, etc.

Spread sauce on bread. Top with cheese and favorite pizza toppings. Bake in 350°F for 10-12 minutes or toast in toaster oven just until cheese melts.

## **Thursday**

### **Breakfast – G**

Cinnamon Bun Pancakes  
Bananas  
BOC

#### *Cinnamon Bun Pancakes*

1 ½ cups all purpose flour  
3 tbsp sugar  
½ tsp salt  
4 tsp baking powder  
1 tbsp cinnamon  
2 eggs  
1 cup milk  
2 tbsp corn syrup  
¼ cup butter, melted  
1 tbsp vanilla

In a medium bowl, combine flour, sugar, salt, baking powder and cinnamon.  
In a separate large bowl, beat together eggs, milk, corn syrup, butter and vanilla.  
Stir in flour mixture.  
Heat a lightly oiled griddle or frying pan over medium high heat.  
Pour ¼ cup batter onto the griddle.  
Brown on both sides.  
Serve with syrup or desired topping.

### **Lunch – H**

Chicken salad in pita pockets  
Grapes  
BOC

#### *Quick and Easy Tuna (or chicken) Salad Recipe*

2 cans flake tuna in water, drained (or chicken)  
1/2 cup mayonnaise  
½ tsp seasoning salt  
¼ tsp celery salt

Mix all ingredients in a bowl thoroughly. Fill pita pockets.

## **Friday**

### **Breakfast – I**

Puffy Eggs  
Orange Slices  
BOC

#### *Puffy Eggs*

8 eggs  
1/2 cup milk  
1/2 teaspoon salt  
Dash of pepper

Beat ingredients together in a two-quart casserole dish. If desired stir in added ingredients such as 1/2 cup shredded cheese, crumbled cooked bacon, chopped fully cooked ham, snipped chives or green onions or chopped canned mushrooms. Cover tightly and microwave on high (100%), stirring every minute, until eggs are puffy and set but still moist – approx. 4-5 minutes total. Stir before serving

### **Lunch – J**

Sub Boat Sandwiches  
Fruit cocktail  
BOC

#### *Sub Boat Sandwiches*

Makes 2 Sandwiches

1 medium submarine sandwich roll  
4 to 6 slices of thinly cut cheese and/or luncheon meats  
4 thin tomato slices  
1/2 cup shredded lettuce  
2 tsp. vegetable oil  
2 tsp. red wine vinegar  
Salt and pepper to taste

Slice the roll in half lengthwise and scoop out some of the soft bread inside. Line both sides of the roll with your child's favorite cheese and luncheon meat. Top with the tomato slices and shredded lettuce. Sprinkle the surface evenly with the oil and vinegar and season with salt and pepper and any special additions. Serve as an open faced sandwich boat.

## *Week Thirteen Shopping List*

### **Fresh Produce**

- (A, G) bananas
- (B) 1 T. onion
- (C) pineapple (or use canned)
- (F) peaches (or use canned)
- (H) grapes
- (I) oranges
- (J) tomato
- (J) shredded lettuce

### **Beverages**

- favorite beverage(s)

### **General Grocery / Cooking and Baking**

- (G) 1 T. cinnamon
- (D, E, G) 2  $\frac{3}{4}$  cups flour
- (G) 4 tsp. baking powder
- (G) 3 T. sugar
- (H)  $\frac{1}{2}$  tsp. herb seasoning blend
- (H)  $\frac{1}{4}$  tsp. celery salt
- (J) 2 tsp. oil
- (J) 2 tsp. red wine vinegar
- (G) 2 T. corn syrup
- (G) 1 T. vanilla

### **General Grocery / Bakery and Breads**

- (B) sliced loaf bread
- (C) English muffins
- (D, F) 2 loaves French bread
- (H) pita pockets
- (J) sub rolls

### **General Grocery / Condiments and Sauces**

- (B, H) 1 cup mayonnaise
- (C) all fruit spread
- (E) maple syrup, flavored syrup, or pie filling

### **General Grocery / Dry Food and Mixes**

- (D) 1 pkg fettuccini noodles

### **General Grocery / Cereal and Breakfast**

- (A) breakfast cereal

### **General Grocery / Canned and Bottled**

- (B) 3 T. relish
- (F) 1 jar pizza sauce (if not using leftover spaghetti sauce)
- (H) 2 cans of chicken (if not using leftovers)
- (J) 1 can fruit cocktail

### **Dairy / Refrigerated**

- (A, D, E, G, I) 5  $\frac{1}{2}$  cups milk
- (B)  $\frac{1}{3}$  cup plain yogurt
- (D) 1 T. butter
- (D) 2 cups shredded parmesan cheese
- (D, E, G)  $\frac{1}{2}$  cup butter
- (E, G, I) 22 eggs
- (E) whipped cream (optional)
- (F) 2 cups shredded mozzarella cheese
- (J) sliced cheddar cheese - enough for family

### **Meat / Fish**

- (F) pepperoni - or favorite pizza toppings
- (J) sandwich meats

## A Year's Worth of Snack Ideas

### Anytime of the Year Snack Recipes

#### **Pizza Party Mix**

Ingredients:

4 tsp parsley flakes  
1 tsp garlic powder  
½ tsp onion powder  
½ tsp paprika  
2 T. olive oil  
4 c Corn Chex  
4 c Rice Chex  
1½ tsp Italian seasoning  
1½ tsp seasoned salt  
2 T. tomato paste  
3 T. blue cheese dressing  
1/8 tsp liquid smoke  
2 T. Parmesan cheese  
1 T. powdered buttermilk

Heat oven to 250. In small bowl, combine parsley, Italian seasoning, garlic powder, onion powder & paprika. In large roasting pan combine seasoned salt, salad dressing, tomato paste, oil & liquid smoke. Gradually add cereals, stirring until all pieces are evenly coated. Add seasoning mixture, stirring thoroughly. Bake 45 minutes, stirring every 15 minutes. Sprinkle cheese blend and then buttermilk over cereal; mix well. Spread on paper towels to cool. (or put in clean, brown paper bag) Store in airtight container.

Microwave directions:

Same as oven, but microwave on High for 6 minutes, thoroughly stirring every 2 minutes.

#### **Teriyaki Mix**

Ingredients:

3 T. margarine  
3 T. soy sauce  
3 T. brown sugar  
1 tsp ginger  
½ tsp garlic powder  
7 c Chex or Crispix  
1 c raisins  
½ c slivered almonds  
¼ c sesame seeds

Melt margarine. Combine with soy sauce, brown sugar, ginger & garlic. Pour over cereal, raisins, nuts & seeds. Bake at 250 for 45 minutes. Stir every 15 minutes. Spread on paper towels to cool - or in clean brown paper bag. Store in airtight container. In

microwave, cook on High for 6 minutes, stirring every 2 minutes.

### **Maple Nut Party Mix**

Ingredients:

4 T. butter (NOT spread or tub products)

4 T. oil

1/3 c brown sugar

2 tsp maple extract or pancake syrup

8 c Chex cereal (any variety)

1 c honey roasted cashews & peanuts

Heat oven to 225. Melt butter in large roasting pan. Stir in brown sugar & maple extract. Gradually stir in cereal & nuts, stirring until evenly coated. Bake 45 minutes, stirring every 15 minutes. Spread on waxed paper to cool.

Microwave directions:

In large bowl, melt butter on High 30 - 45 seconds. Stir in brown sugar & maple extract. Gradually add cereals & nuts, stirring until all pieces are evenly coated. Microwave on High 6 minutes, stirring every 2 minutes.

### **Safari Crunch**

Ingredients:

1 c butter

1/2 c brown sugar

2 T. maple syrup

2<sup>3</sup>/<sub>4</sub> c old-fashioned oats

1/4 tsp salt

1/2 c crispy rice cereal

1/4 c chopped walnuts

1/4 c raisins

1/4 c banana chips (optional)

Preheat the oven to 350. Grease 2 13" x 9" baking pans (or 4 pie tins).

Melt the butter, sugar and maple syrup in a large saucepan. Stir in the oats, salt, crispy rice, walnuts, raisins, and optional banana chips so mixture is coated evenly.

Pour into baking pan and even with a rubber spatula. Bake for 13-15 minutes, or until the oats are golden brown. Allow to cool.

Cut into shapes with assorted cookie cutters or break crunch into small pieces and store in an airtight container.

### **Friendship Snack Mix**

This recipe follows the “stone soup” principle. Using the Master List at the end of this book, have any group of friends (neighborhood kids, kids you’ve invited to a party, your child’s classmates, etc.) each pick one item from the list to contribute. Mix all ingredients in a large bowl and distribute evenly. Store any extras in an airtight container.

### **Rainbow Snack Mix**

2 cups blue corn tortilla chips (if they are large, break into small pieces)  
1 cup orange cheese balls  
1 cup red & green apple jacks cereal  
1 cup yellow corn pops cereal  
1 cup purple raisins  
1 cup white mini marshmallows

Mix all ingredients together gently in a large bowl. Store in airtight container. If you won’t be eating the snack mix within a few days after making, leave the marshmallows out until just before serving.

### **Ranch Chex Mix Recipe**

Ready in: 30 minutes

Serves: 26

Ingredients:

3 tablespoons butter or margarine, melted  
9 cups Corn, Rice or Wheat Chex cereal (or combination)  
2 cups bite-size pretzel twists  
2 cups bite-size cheese crackers  
1 package (1 oz size) ranch dressing mix  
1/2 cup grated Parmesan cheese

Directions:

In large microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted. Stir in cereal, pretzels and crackers until evenly coated. Stir in dressing mix and cheese until evenly coated.

Microwave uncovered on High 3 minutes, stirring each minute. Spread on waxed paper or foil to cool, about 15 minutes. Store in airtight container.

Oven Directions: Heat oven to 250 F. In ungreased 13x9-inch pan, melt butter in oven. Stir in cereal, pretzels and crackers until evenly coated. Stir in dressing mix and cheese until evenly coated. Bake 10 minutes, stirring after 5 minutes. Spread on waxed paper or foil to cool, about 15 minutes. Store in airtight container.

## **Ranch Oyster Crackers**

Ingredients:

¾ cup vegetable oil  
1 envelope ranch dressing mix  
½ tsp dill weed  
¼ garlic powder  
12-16 ounces oyster crackers

Directions:

Whisk together the first four ingredients. Pour over crackers, stirring to coat. Place on baking sheet and bake at 275 degrees for 15-20 minutes. Makes 11-12 cups. Store in airtight container.

## **Sweet Fortune Cookies**

Ingredients:

Chilled 9 inch pie crust  
Cornstarch  
3 inch wide cookie cutter or drinking glass  
Rolling pin or glass  
Nontoxic marker (food color markers can be found in the cake section of a craft store)  
Slips of paper  
Water  
Colored sugar  
Cookie sheet

Directions:

Lay chilled piecrust on a cornstarch dusted surface. Cut out 3 inch circles with cookie cutter or glass. To use all the dough, roll out scraps with rolling pin and cut again. Use nontoxic marker and write fortunes on slips of paper and place one strip of paper in the center of each dough circle. Fold the circle in half, then pinch and fold ends together to create fortune cookie shape. Brush the top of each cookie with water then sprinkle with colored sugar. Place cookies on cookie sheet about an inch apart. Bake according to pie crust directions about 20 minutes until lightly browned. Let cool before serving.

## **Butterscotch Party Mix Recipe**

Ready in: 30-60 minutes

Serves/Makes: 32

### Ingredients:

2 cups crisp rice and corn cereal  
2 cups mini pretzels  
1 cup dry roasted peanuts  
1 package (11 oz size) butterscotch flavored morsels  
1 cup caramel candies, unwrapped, coarsely chopped

### Directions:

Coat 13 x 9-inch baking pan with nonstick cooking spray.  
Combine cereal, pretzels, peanuts and caramels in large bowl.  
Place morsels in medium, microwave-safe bowl. Microwave uncovered on MEDIUM-HIGH (70%) power for 1 minute; then stir. The morsels may retain some of their original shape. If necessary, microwave at additional 10 to 15-second intervals, stirring just until morsels are melted.  
Pour over cereal mixture; stir to coat evenly. Spread mixture into prepared baking pan; let stand for 20 to 30 minutes or until firm. Break into small pieces.

## **Peanut Butter And Jelly Snack Mix**

### Ingredients:

3 cups each corn & rice chex® cereal and cheerios cereal  
1 cup pretzel sticks or twists  
1/2 cup peanut butter  
1 tablespoon margarine or butter --do not use spread or tub products  
1/3 cup grape jelly  
1 cup raisins

Heat oven to 350°. Mix cereals and pretzels in large bowl; set aside. Heat peanut butter and margarine to boiling in 1-quart saucepan, stirring occasionally. Pour over cereal mixture in bowl, stirring until evenly coated. Spread in ungreased rectangular pan, 13x9x2 inches; bake 5 minutes. Meanwhile, microwave jelly in small microwavable bowl uncovered on High about 30 seconds or until melted. Drizzle jelly over cereal mixture; bake 5 minutes longer. Stir in raisins. Spread on waxed paper to cool. Store in airtight container. 10 cups snack.

## **Puppy Chow**

Ingredients:

9 cups chex cereal  
1 cup semi sweet chocolate chips  
½ cup peanut butter  
¼ cup butter/margarine  
1 tsp vanilla extract  
1 ½ cup powdered sugar

Directions:

Pour cereal into large bowl and set aside. In 1 qt microwave safe bowl, combine chocolate chips, peanut butter and butter. Microwave at 100 percent for 1-1 ½ minutes or until smooth after stirring. Stir in vanilla and pour slowly over cereal, stirring gently to coat. Spoon cereal mixture into large plastic bag. Add powdered sugar, close bag, and shake to coat evenly. Spread on wax paper to cool. Store in airtight container.

## **Cheerio Snack Mix Recipe**

Ready in: 30 minutes

Serves/Makes: 7 cups

Ingredients:

4 cups Cheerios  
1 cup raisins  
1 cup salted peanuts  
¼ cup butter  
1 (6oz.) pkg. miniature semisweet chocolate chips

Directions:

Mix the Cheerios, raisins, and peanuts in a large bowl. Set aside. Melt the butter over a low heat. Pour the butter over the Cheerio mixture and toss until thoroughly coated. Sprinkle chocolate chips over the cereal mixture and toss again. Store in sealed container.

## **Cocoa Crunchy Snack Mix Recipe**

Ingredients:

4 cups Popcorn  
2 cups Cocoa Puffs cereal  
2 cups Mini marshmallows  
2 cups Semi sweet chocolate pieces  
1 cup chow mien noodles  
1 cup cinnamon grahams or cinnamon toast cereal  
1 cup Peanuts  
1 cup Raisins

Directions:

Combine all ingredients.

### **Cheese Snack Mix Recipe**

Ready in: 30-60 minutes

Serves/Makes: 14 cups

#### Ingredients:

6 cups rice cereal squares  
4 cups small cheddar cheese crackers  
2 cups small pretzels  
2 cups mixed nuts  
1/2 cup butter -- melted  
1 tablespoon worcestershire sauce  
1 package nacho cheese sauce mix  
2 teaspoons chili powder  
1/4 teaspoon cayenne pepper

#### Directions:

Preheat oven to 150 F degrees. In a large, shallow baking pan, combine first four ingredients. In a small bowl, combine remaining ingredients. Drizzle butter mixture over cereal mixture, stirring well.

Bake 30 minutes, stirring every 10 minutes. Spread on waxed paper to cool. Store in airtight container.

### **Three Little Pigs Snack Mix**

#### Ingredients:

1 cup potato sticks (straw)  
1 cup pretzel stick (sticks)  
1 cup semisweet chocolate chunk (or regular Hershey bars, broken into marked rectangular pieces) (bricks)

#### Directions:

Mix together and serve.

### **Pink Powder Puff Crunch (but can make it other colors too)**

This would be so great for lots of events: birthday parties, school spirit events, etc.!

Prep time: 15 min

Start to finish: 30 min

Makes: 24 servings (½ cup each)

#### Ingredients:

9 cups Chex cereal (strawberry for pink, corn for yellow, rice for blue, green, etc.)

1 cup semisweet chocolate chips (6 oz)

¼ cup butter/margarine

1 tsp vanilla

1 cup powdered sugar

1 box (4 serving size) flavored gelatin (strawberry for pink, berry for blue, lime for green, etc.)

#### Directions:

In large bowl, place cereal. In 1 qt microwavable bowl, microwave chocolate chips and butter uncovered on high 1 minute. Stir; microwave 30 seconds longer or until mixture is smooth when stirred. Stir in vanilla. Pour over cereal, stirring until evenly coated. In 1 gallon resealable food storage plastic bag, mix powdered sugar and gelatin. Add cereal mixture. Seal bag and shake until cereal is well coated. Spread on waxed paper to cool, about 15 minutes. Store in airtight container.

### **Cranberry Orange Snack Mix**

#### Ingredients:

2 cups oat Chex cereal

2 cups corn puffs

2 cups miniature pretzel twists

1 cup almonds

¼ cup butter

¼ cup corn syrup

⅓ cup orange juice, frozen concentrate

3 tablespoons brown sugar

1 teaspoon ground cinnamon

¾ teaspoon ground ginger

¼ teaspoon ground nutmeg

⅔ cup dried cranberries

#### Directions

Toss together. Bake 250 for 50 minutes stirring every 10 minutes. Add cranberries.

### **Yummy Peanut Butter Snack Mix**

Ingredients:

- 4 1/2 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/4 cup butter
- 3 1/2 cups Rice Chex
- 3 1/2 cups Corn Chex
- 2 cups Reese cereal (or other peanut/peanut butter flavored cereal)
- 1/2 cup M&M' s

Directions

In a microwaveable bowl, melt 4 cups marshmallows, peanut butter, and butter on high for 2 minutes or until melted. Stir until smooth and then add in the following order: 1/2 cup marshmallows, Rice Chex, M&M's, and Corn Chex, Reese cereal. Stir after each item is added and until everything is coated. Pour into a jelly roll pan or 9x13 pan and allow to cool before serving.

### **Italian Mix Recipe**

Ready in: 30-60 minutes

Serves/Makes: 10 cups

Ingredients:

- 1/2 cup butter
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 5 cups crispy corn and rice cereal
- 2 cups round-shaped oat cereal
- 2 1/2 cups mini pretzels
- 1 can (10 oz size) mixed nuts
- 1/4 cup parmesan cheese

Directions:

In saucepan, melt first 4 ingredients. Mix well.

In large bowl, combine cereals, pretzels, nuts and parmesan cheese. Drizzle with butter mixture and mix well.

Place in an ungreased 15x10 baking sheet. Bake uncovered at 250 for 45 minutes, stirring every 15 minutes.

## **Holiday and Seasonal Snacks**

### **New Year's Hats**

Ready in: 1 ½ hours

Serves/Makes: 10-12

Ingredients:

Sugar cones

Ice cream

Chocolate chips (one 12 ounce bag for 10-12 cones)

Icing

Fruit strips or shoestring licorice

Nonpareils

Directions:

Spread melted chocolate chips over each sugar con with a small spatula. Let the chocolate harden for about 1 hour or 20 minutes in the refrigerator.

For chinstraps, use icing to attach the ends of a fruit strip or length of licorice to the inside of each cone.

Use icing to decorate the hats and attach nonpareils.

### **New Year's Blessings Snack Mix**

Ingredients:

Bugles brand corn snacks - represents horns and hats in New Year's celebrations  
Plain M&M's chocolate candy - resembles colorful confetti thrown to welcome the new year

Peanuts - for planting seeds of peace in the new year

Small pretzel twists - arms folded in prayer for a safe and happy new year

Hershey's brand chocolate Hugs & Kisses - for the love of family and friends that sweetens our years

Goldfish crackers - for good fortune in the new year, represents abundance and togetherness

Raisins - symbolizes the 12 grapes eaten at midnight to bring good luck all 12 months of the year

Gold foil covered coins - for prosperity

Directions:

Use even amounts of all the ingredients listed above or mix & match as you like. In a large bowl, mix all the ingredients together. Store in an airtight container.

### **Bubbly Jello Parfait**

Make bubbly jell-o according to the directions on a box of Sparkling White Grape Jell-O. Be sure to use club soda, seltzer, or ginger ale and follow the tips on the box for getting the gelatin to sparkle.

Chill the Jell-O in champagne flutes or parfait glasses. Wind a wire metallic multi-colored garland around the stem of the glass before serving to add pizzazz.

### **Blizzard Party Mix Recipe**

Ready in: 30 minutes

Serves/Makes: 8

Ingredients:

2 cups rice cereal squares, toasted

2 cups small pretzel twists

1 cup dry roasted peanuts

20 caramels chopped up coarsley

1 package white chocolate morsels

Directions:

In a large bowl, combine the cereal, pretzels, peanuts and caramels. Microwave the morsels for 1 minute, stir and continue to microwave until smooth.

Pour over the cereal mixture and stir to coat evenly. Spread mixture onto a sprayed 9x13 baking sheet. Let stand 20-30 minutes until firm.

Break into bite-sized pieces and store in an air-tight container.

### **Winter Snowmen**

Ingredients:

Large marshmallows

Mini pretzel sticks

Raisins

Give each child 2-3 marshmallows, some pretzel sticks and a few raisins. Have them connect the marshmallows together using the pretzel sticks. Pretzel sticks can also be used to make arms and a small piece can be used to make a nose. Use the raisins for eyes, mouth, buttons, etc. Let the kids use their imaginations!

### **Sweetheart Snack Mix**

Ingredients:

- 1 bag Valentine's M&M's candies
- 1 cup dried cranberries (or dried cherries or strawberries, whatever your family prefers)
- 1 can (9 <sup>3</sup>/<sub>4</sub> ounces) cashews (whole or pieces, can also use other nuts if you prefer)
- 1 package (8 ounces) yogurt covered raisins
- 1 cup miniature pretzels
- 1 cup mini marshmallows
- 1 <sup>1</sup>/<sub>2</sub> cups chocolate bear-shaped graham snacks
- 1 cup mini conversation hearts

Directions:

In a mixing bowl, gently combine the all ingredients. Store in airtight container.

### **Cupid's Cupcakes/Muffins**

Using your favorite cupcake or muffin recipe (strawberry flavor works well with the theme), bake in muffin liners in a mini-muffin pan according to recipe directions. To create the heart shape, place a marble or a <sup>1</sup>/<sub>2</sub> inch ball of aluminum foil between each liner and one side of the muffin pan. This will push the paper into the batter to form the notch in the heart.

### **St. Patrick's Day Pot of Gold Jell-O**

Ingredients:

- Lemon flavor jell-o
- Lime halves

Make jell-o according to package directions for jigglers. When set, cut into cubes. Hollow out lime halves and fill with jell-o cubes. Keep chilled until ready to serve.

### **Leprechaun Gold-N-Nut Crunch Recipe**

Ingredients:

- 12 ounces mix nuts
- 1/4 cup butter melted
- 1/4 cup parmesan cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground oregano
- 1/4 teaspoon celery salt
- 4 cups Golden Grahams

Directions:

Mix nuts and butter in medium bowl until well coated. Add rest of ingredients and mix well. Spread on ungreased cookie sheet. Bake, stirring occasionally for 15 minutes at 350 F. Store in air tight container.

### **Spring Planting Dirt Cups**

Ingredients:

Chocolate pudding cups or prepared pudding spooned into small cups

Oreo cookies crushed

Gummy worms

Sprinkle pudding with cookie crumbs and then lay worms on top and push some into the pudding as if the worms are climbing into or out of the dirt. Serve immediately.

### **April Fool's Spaghetti**

Ingredients:

Prepared strawberry muffins

White icing

Strawberry jam

Chocolate malt balls

Crushed nuts (almonds, peanuts, walnuts)

Shredded coconut

Green sprinkles

White chocolate

Yellow candy coloring

Lady fingers

Directions:

Place ½ muffin in center of a plate. Spoon icing into decorating tube fitted with circular tip (or a Ziploc bag with corner snipped off). Pipe icing in a looping fashion to cover muffin top and to resemble noodles. Spoon strawberry jam on top to resemble spaghetti sauce drizzling some over "noodles". Scrape sides of chocolate malt balls roughly so they more closely resemble meatballs. Place on top of "spaghetti". Sprinkle "spaghetti" with crushed nuts to resemble parmesan cheese. For "garlic bread", toast coconut in a shallow baking pan at 350 degrees, stirring often, for 8-10 minutes or until golden brown. For butter, melt ¼ cup of white chocolate and tint with yellow candy coloring. Spread chocolate on top of lady fingers and sprinkle with toasted coconut and green sprinkles (for parsley).

## **April Fool's Sushi**

Ingredients:

¼ cup butter/margarine  
4 cups mini marshmallows  
6 cups crispy rice cereal  
Gummy worms  
Fruit leather

Directions:

Grease 12x17 baking pan. Melt butter in a 2 qt saucepan over medium heat. Add marshmallows and stir until smooth. Remove from heat and stir in rice cereal until evenly coated. Press into greased baking pan, distributing evenly and allow to cool.

Place baking sheet in front of you with shorter edges at the top and bottom. Starting at one side and 1 inch from the lower edge, place gummy worms atop the mixture end to end in a horizontal line. Gently roll the lower edge of the cereal mixture over the gummy worms. Stop and cut log away from the rest of the mixture. Repeat method to create more logs with remaining cereal mixture and gummy worms.

Slice each cereal log into 1 inch "sushi" rolls and wrap them individually with strip of fruit leather.

Rectangular pieces of the cereal mixture can also be topped with a gummy fish and then wrapped with a strip of fruit leather to create a different looking "sushi".

## **April Fool's Chicken Stir-fry**

Ingredients:

Fruit leather - 2-3 green rolls and 1 red roll  
1 ½ teaspoons hulled sunflower seeds  
1 ½ cups dried apple rings  
¾ cup dried pineapple chunks  
½ cup cashews

Directions:

First make a bunch of pea pods. For each one, cut a 2 ¼ inch square from a green fruit strip. Arrange 5-6 sunflower seeds on the strip in a row just off the center. Fold the strip in half over the sunflower seeds and press edges together to seal them. Use a butter knife or kitchen scissors to trip sealed edges into a rounded pea pod shape.

Next, cut the red fruit leather into thin strips to resemble red pepper slices and the apple rings into bite size "chicken" pieces.

For the full effect, combine "pea pods", "pepper strips", "chicken pieces", pineapple chunks and cashews in a clean, dry frying pan. Serve on plate with chopsticks.

## **Mardi Gras Cajun Crunchies Recipe**

Ready in: 1-2 hrs

Serves/Makes: 7.5 cups

### Ingredients:

1 cup Cheerios

1 cup Wheat Chex

1 cup Rice Chex

1 cup Corn Chex

1 cup pretzels

1 cup nuts, any mixture

1/2 cup sunflower seeds

1 cup Bugles corn snacks

1/2 cup apple juice

4 teaspoons Worcestershire sauce

1 1/2 teaspoon Cajun seasonings

\*\*\*for a milder version use in place of Cajun Seasoning\*\*\*

1/2 teaspoon garlic powder

1 teaspoon onion powder

### Directions:

In very large bowl, combine all ingredients except apple juice, Worcestershire sauce and seasonings. Combine and blend the apple juice, Worcestershire sauce and seasonings and toss with the other ingredients.

Make sure all are coated well. Place in a shallow non-stick baking pan and bake in 275 degree F oven for 50 minutes. Stir every 10 minutes. Cool before serving.

Microwave Instructions: Place in microwave safe container in microwave and set power on full. Cook for 6 minutes, stirring every 2 minutes.

## **Easter Bunny Deviled Eggs**

Make your favorite deviled egg recipe only filling white egg halves level with surface of egg half and reserving remaining filling. Flip egg halves over on small piece of lettuce. Spoon egg filling into Ziploc bag and snip a small piece from the corner. Pipe egg filling at large end of egg half to create a bunny tail. Push almond slices into small part of egg to create bunny ears. Dip a toothpick into water and use tip to pick up small pepper flake. Place black pepper flakes beneath ears to create eyes. Using same method, a small red pepper flake or a bit of paprika powder can be used to create a nose.

### **Easter Bunny Pears**

Place a pear half cut side down on a plate. Spoon cottage cheese at large end to create a tail. Cut one end each on large coconut flakes in a round shape to resemble ears. Cut a small slit in smaller end of pear and gently push in coconut flake for ears. Push whole cloves into small end below ears to resemble eyes.

### **Cinco de Mayo Mexican Crunch Recipe**

Ready in: 1-2 hrs

Serves/Makes: 16 cups

#### Ingredients:

8 cups corn flakes

4 cups popped corn

3 cups broken tortilla chips

1 cup roasted peanuts

1/2 cup corn syrup

1/2 cup butter or margarine

1/4 cup firmly packed brown sugar

1 envelope (1.25 ounce size) taco seasoning mix

#### Directions:

Preheat oven to 250 degrees F.

In large roasting pan, combine corn flakes, popped corn, chips and peanuts. In 2-quart saucepan, stir syrup, butter, brown sugar and seasoning mix. Stir constantly over medium heat. Bring to full boil; pour over corn flake mixture. Toss to coat well.

Bake for 60 minutes, stirring every 15 minutes. Cool, stirring frequently. Store in tightly covered container.

### **Berry Sweet Flowers for Mom**

Ingredients:

12 wooden skewers  
Cotton swabs  
Green food coloring  
12 large strawberries  
14 ounces pink candy melts  
Fresh mint leaves

Directions:

For flower stems, use a cotton swab dipped in green food coloring to tint the wooden skewers. Let dry for about 2 hours.

Stem the strawberries then insert a skewer into each one.

Heat the candy melts according to package directions. Dip each strawberry into the melted candy, twirling to coat completely.

Stand the skewers in a vase or tall glass and let the candy harden. Add fresh mint leaves to resemble rose leaves and keep chilled until ready to serve.

### **Rose Muffins/Cupcakes for Mom**

Ingredients:

12 mini muffins or cupcakes  
White icing  
Kitchen scissors  
6 rolls of fruit leather in cherry or strawberry flavor (the type with the wavy perforations in the middle)  
1 roll of fruit leather in a green colored flavor

Directions:

Frost the 12 mini muffins or cupcakes with white icing.

To make rose, unroll a piece of the cherry/strawberry fruit leather and divide it in half along the wavy perforated middle line. Take one of the halves and roll up about 5 inches to form the flower's center. Set the rolled strip wavy side up in the middle of a cupcake and continue to loosely wrap the remaining fruit leather around the center at a slight angle until the flower is completed. Repeat this process for all 12 muffins/cupcakes.

Cut leaf shapes from green fruit leather and tuck under each rose.

Keep chilled until ready to serve.

## **Melt in Your Mouth Summer Melon**

Ingredients:

1 honeydew melon  
Raspberry sorbet  
Chocolate chips

Directions:

Halve the honeydew, discard seeds and chill overnight in fridge.

The next day, put halves in freezer for about 15 minutes, take out and pack with sorbet, gently evening out top.

Using a chilled knife, slice each half into halves again and keep melon sorbet side up.

Insert chocolate chips into sides to resemble watermelon seeds and serve immediately.

## **Almost S'mores**

Graham crackers  
Chocolate frosting  
Marshmallow fluff

Spread one side of one graham cracker with frosting. Spread one side of another graham cracker with marshmallow fluff. Put two halves together to create "s'more". Continue for each "s'more".

## **Edible Campfire**

Ingredients:

Flour tortillas  
Red licorice rope  
Peanuts  
Peanut butter  
Chow mien noodles  
Tootsie rolls  
Mini pretzel sticks  
White grape juice  
Hot chocolate mix  
Candy corn

Directions:

Place tortilla on a plate and wrap a licorice rope in a "safety circle" about 1 inch inside edge of tortilla. Build a peanut rock ring about halfway between licorice and center of tortilla. Spread a circle of peanut butter in center of tortilla and lay a small handful of chow mien noodles in peanut butter for kindling.

Lay tootsie roll logs around peanut butter circle. Stack mini pretzel sticks on chow mien noodles for fuel wood in a teepee shape. Stick pretzels in peanut butter to help them stay. Add another layer of logs and then another layer of pretzel sticks. Keep buckets of water (small glasses of grape juice) nearby for safety. Light the fire by adding candy corn. Once camp director approves the fire, douse the fire by throwing dirt (hot chocolate mix) on it. Finally, enjoy eating your fires!

## **Father's Day Nuts, Bolts and Screws Recipe**

Ready in: 1-2 hrs

Serves/Makes: 22

### Ingredients:

1 pound pecans  
1 large box Cheerios  
1 medium box stick pretzels  
1 tablespoon Worcestershire sauce  
1 box Wheat Chex  
2 tablespoons salt  
1 tablespoon garlic salt  
1 pound margarine or butter

### Directions:

Melt butter in large roaster. Pour in all cereals, nuts and pretzels and the seasonings.

Set oven at 200 degrees. Bake for 1 hour, stirring every 15 minutes.

## **Summer BBQ Chex Mix Recipe**

Ready in: 1-2 hrs

Serves/Makes: 10 cups

### Ingredients:

3 cups Rice Chex cereal  
3 cups Corn Chex cereal  
1 1/2 cup pretzel twists  
1 1/2 cup bite-size cheese crackers  
3/4 cup honey-roasted peanuts  
1/2 cup barbecue sauce  
1 tablespoon vegetable oil  
3/4 teaspoon onion powder  
3/4 teaspoon garlic powder

### Directions:

Heat oven to 250 degrees. Spread oil in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight containers.

### Microwave Directions:

In large microwavable bowl, mix cereals, pretzels, crackers and peanuts.

In medium bowl, mix remaining ingredients until well blended. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 7 minutes, stirring every 2 minutes. Spread on foil or paper towels to cool, about 15 minutes. Store in airtight container.

## **Firecracker Mix Recipe**

Ready in: 2-5 hrs

Serves/Makes: 14

### Ingredients:

1/4 cup Worcestershire sauce  
4 tablespoons margarine or butter, melted  
2 tablespoons brown sugar  
1 1/2 teaspoon salt  
1/2 teaspoon ground red pepper (cayenne), optional  
8 cups popped corn  
4 cups corn cereal squares  
3 cups pretzel sticks

### Directions:

Mix together Worcestershire, margarine, brown sugar, salt and cayenne pepper (if using). Place popped corn, corn cereal squares and pretzel sticks in 6-quart slow cooker. Pour Worcestershire sauce, softened margarine, brown sugar, salt and cayenne mixture over all and mix thoroughly.

Cook on low for 2 to 3 hours. Remove lid for 1 more hour. Pour mixture onto wax paper and allow to cool. Store in storage bags or containers. The mix may be made up to one week in advance.

## **All-American Snack Recipe**

Ready in: 2-5 hrs

Serves/Makes: 16

### Ingredients:

3 cups thin pretzel sticks  
4 cups wheat chex cereal  
4 cups cheerios cereal  
13 ounces jar salted peanuts  
1 teaspoon garlic salt  
1 teaspoon celery salt  
1/2 teaspoon seasoned salt  
2 tablespoons grated parmesan cheese  
1/4 cup melted butter

### Directions:

Combine all ingredients in crockpot until well mixed and coated. Cover; cook on low 3-4 hours. Remove lid during last half hour of cooking.

### **American Blessings Snack Mix**

Bugles: horn of plenty to represent our country's abundance

Pretzels: arms folded in prayer

Candy corn: sacrifices our pilgrim's made that first winter surviving on a few corn kernels each day

Nuts or seeds: promise of future harvests

Dried fruits: harvest gifts of our bountiful land

M&M's: memories of those who came before us

Hershey's kisses: the love of family and friends

Mix all ingredients together and store in airtight container.

### **Independence Day Pretzel Sparklers**

Ingredients:

Long pretzel rods

White chocolate, melted

Colored candy sprinkles

Dip one end of pretzel rods into melted chocolate, sprinkle with candy sprinkles and lay on wax paper until chocolate sets.

### **July 4<sup>th</sup> Fruit Sparklers**

Ingredients:

24 large blueberries

24 strawberries

3 bananas, cut into 8 pieces each

24 cherries

24 large marshmallows

8 wooden skewers

8 each red, white, blue ribbons in 1 foot lengths

Directions:

Skewer fruit and marshmallows on wooden skewers in a red, white and blue pattern, using four of each item on a skewer. Tie red, white and blue ribbons to the bottom of the skewers.

### **ABC Back to School Snack Mix**

4 cups alphabet cereal  
2 cups m&m's  
2 cups popcorn  
1 cup salted peanuts (may use unsalted)  
1 cup mini pretzels

Mix all ingredients together and store in airtight container.

### **Salute to Labor Day with Nuts, Bolts and Wheels Mix**

Heat oven to 250 degrees. Mix in large baking pan:

1 cup Kix cereal  
1 cup Cheerios  
1 cup Honey Comb cereal  
1 cup pretzel sticks  
½ cup mixed nuts

Melt 3 tablespoons butter in saucepan. Stir in 1/4 teaspoon Worcestershire sauce, 1/8 teaspoon garlic salt, 1/8 teaspoon celery salt. Pour over cereals and stir. Bake 30 minutes, stir with wooden spoon several times.

### **Acorn Dough Nuts**

Ingredients:

Chocolate frosting or peanut butter  
Plain donut holes  
Crumbled toffee or chopped nuts  
Small pretzels

Directions:

Frost top third or so of a plain donut hole with frosting or peanut butter. Roll frosted end in toffee or nuts. Add a small piece of pretzel for a stem.

## **Harvest Party Mix Recipe**

Ready in: 1-2 hrs

Serves/Makes: 18

### Ingredients:

1/2 cup Butter or margarine  
1 teaspoon Seasoned salt  
3 1/2 teaspoons Worcestershire sauce  
1 teaspoon Curry  
2 2/3 cups Corn Chex cereal  
2 2/3 cups Rice Chex cereal  
2 2/3 cups Wheat Chex cereal  
1 cup Chow mein noodles  
1 cup Raisins

### Directions:

Preheat 250 F oven. In 15 x 10 x 2 inch baking pan melt butter in oven. Remove. Stir in Worcestershire, seasoned salt and curry; mix well. Gradually add cereal and noodles, stirring until all pieces are evenly coated.

Bake 1 hour, stirring every 15 minutes. Add raisins; mix well. Spread on absorbent paper to cool. Store in air tight container. Microwave Directions\*: In 3 1/2 quart bowl or 13 x 9 x 2 inch microwave-safe dish melt butter on HIGH 1 minute. Stir in Worcestershire, seasoned salt and curry; mix well. Gradually add cereal and noodles, stirring until all pieces are evenly coated. Microwave on HIGH 5 to 6 minutes, stirring every 1 1/2 minutes. Add raisins. Spread on absorbent paper to cool. Store in air tight container.

## **Halloween Snack Mix**

### Ingredients:

1/2 cup blood drops (cinnamon red hots)  
1/2 cup cats eyes (small green gumdrops)  
1/2 cup cats claws (hulled sunflower seeds)  
1 cup colored flies (m&m's)  
1 cup butterfly wings (potato chips, any flavor)  
1 cup chicken toenails (candy corn)  
1 cup ants (raisins)  
1 cup earthworms (cheese curls)  
1 cup cobwebs (golden grahams cereal)  
1 cup snake eyes (peanuts)  
1 cup bats' bones (pretzel sticks)

### Directions:

Mix gently in a large caldron. Store in airtight container to keep the critters from escaping!

### **Halloween Wicked Snack Mix Recipe**

Ready in: 30 minutes

Serves/Makes: 5.5 cups

#### Ingredients:

4 cups Waffle Crisp cereal

1/2 cup peanuts

1/2 cup raisins

1/2 cup M&M's

2 tablespoons butter or margarine

#### Directions:

Mix cereal, peanuts and raisins in a large bowl. Drizzle melted butter over cereal mixture; toss to coat well.

Spread evenly in a 15 x 10 x 1-inch baking pan. Bake at 350 degrees for 10 minutes.

Cool. Mix in M&M's. Store in tightly covered container.

### **Garbage Snack Recipe**

#### Ingredients:

2 cups Rice Krispies cereal

2 cups Cap'n Crunch cereal

2 cups pretzels -- broken up

2 cups salted peanuts

6 ounces almonds -- coarsely chopped

24 ounces white chocolate chips or white chocolate candy pieces

#### Directions:

Combine first 5 ingredients. Melt white chips and pour over cereal mixture; mix well.

Drop by tablespoonful on wax paper and let set.

### **Election Snack Mix**

2 cups cinnamon graham or cinnamon toast cereal - represents ballots

2 cups chex cereal (any flavor) - represents "checks and balances"

2 cups animal crackers - represents the political party mascots

1 cup pretzel sticks - represents "polls"

1 cup m&m's - represents the colorful campaign buttons

1 cup honey smacks cereal - oval like the oval office

1 cup mini marshmallows - represents the "soft" campaign promises

Mix all ingredients in large bowl. Store in airtight container.

### **Sweet Indian Corn**

Ingredients:

4 tbsp butter/margarine

4 cups mini marshmallows

5 cups puffed corn cereal

1 1/3 cups diced dried fruit (like raisins, cranberries, apricots, pineapple)

Popsicle sticks

Fruit leather

Directions:

In a large pot, melt butter and marshmallows over low heat. Remove from heat and gently stir in cereal and diced fruit.

Using buttered hands, press mixture onto popsicle sticks in an ear of corn shape. Add fruit leather "husks" to bottom of each ear. Allow to cool before serving.

### **Wintery Cinnamon Snack Mix Recipe**

Ingredients:

5 cups honey graham cereal

3 cups bear-shaped graham cookies

2 cups ramen noodles, crushed

3/4 cup sliced almonds

1 cup golden raisins

1/3 cup butter

1/3 cup honey

1 teaspoon orange juice

Directions:

Preheat oven to 375 degrees F (190 degrees C). In a large bowl, mix honey graham cereal, bear-shaped graham cookies, ramen noodles, almonds and golden raisins. In a small saucepan over low heat, melt butter and blend in honey and orange juice.

Spread over the honey graham cereal mixture and toss to evenly coat. Spread mixture onto a large baking sheet. Bake 10 minutes in the preheated oven.

## **Wintery Cinnamon Trail Mix Recipe**

Ready in: 30 minutes

Serves/Makes: 7.5 cups

### Ingredients:

2 cups Toasted Oat Cereal  
2 cups Hexagon-shaped Corn Cereal  
2 cups Pretzel Bits  
3/4 cup Raisins  
1/2 cup Sunflower Seeds  
2 tablespoons Reduced Fat Margarine  
2 tablespoons Brown Sugar  
1 tablespoon Cinnamon

### Directions:

In a large bowl combine the cereals, pretzel bits, raisins, and sunflower seeds. Toss gently. Melt margarine in a microwave or saucepan and stir in brown sugar and cinnamon. Pour over the cereal mixture. Toss to coat. Bake 8-10 minutes in a 350 oven.

## **Hanukkah Cheese Gelt Coins Recipe**

Prep Time: 15 minutes

Cook Time: 12 minutes

### Ingredients:

8 ounces (about 2 cups packed) sharp Cheddar cheese, shredded  
1/2 cup (1 stick) butter or margarine  
1 cup all-purpose unbleached white flour  
1 teaspoon Worcestershire sauce  
2 teaspoons onion powder  
1/8 teaspoon cayenne pepper  
Sesame seeds

### Preparation:

Place cheddar cheese, butter, flour, worcestershire sauce, onion powder, and cayenne pepper in the bowl of a food processor fitted with the metal blade (or a heavy-duty mixer). Blend until a dough forms. Divide dough in half and shape each into a log about 1 inch in diameter and 12 inches long. Roll logs in sesame seeds to coat. Wrap each log tightly in plastic wrap and refrigerate at least 4 hours or overnight.

When ready to bake, preheat oven to 375 degrees F. Line baking sheets with parchment paper, nonstick foil, or silpats.

Slice dough into 1/4-inch thick rounds and place on prepared baking sheets. Bake 10 to 12 minutes until lightly browned and firm. Let rest for 5 minutes and move to wire racks to cool. Store in an airtight container to keep them crispy.

Note: You can freeze the logs of dough after wrapping. Let thaw slightly in the refrigerator before cutting to bake, but be sure the dough remains cold enough to slice.

Yield: about 7 dozen cheesy gelt coin wafers.

### **Christmas Bears Snack Mix**

Ingredients:

- 2 cups bear shaped chocolate grahams
- 2 cups mini oreos with red frosting
- 4 cups popped popcorn
- 2 cups holiday colored m&m's
- 1 cup red & green gummy bears

Mix all ingredients and store in airtight container.

### **Kwanzaa Celebration Sticks**

Ingredients:

- Red, green, and black  
(or chocolate) sprinkles
- 1 cup white chocolate chips
- 20 8-inch pretzel rods

On a piece of waxed paper, arrange 1 1/4-inch-wide stripes of red, black (or chocolate), and green sprinkles, as shown below. In a shallow microwave-safe bowl, microwave the white chocolate chips on high for 1 minute, stir, and microwave for 30 seconds more. Stir until smooth (it will be thick). Use a knife to spread the chocolate over half of a pretzel rod. Roll through the sprinkles until coated with stripes. Chill. To present the sticks, bundle them with ribbons. Makes 20.

### **Snowy Trail Mix**

Ingredients:

- 3 cups pretzel sticks
- 1 1/2 cups corn cereal (corn chex, crispix)
- 3/4 cup pecan halves
- 1/2 cup cashews
- 1/2 cup dried cranberries
- 12 ounces white chocolate

Directions:

In a large bowl, mix together first five ingredients. Melt white chocolate according to package directions and pour slowly over cereal mix, stirring gently to coat. Scoop onto waxed paper to cool. Break into clumps once cool. Store in airtight container.

## **Snack Mix Ingredient Ideas**

Any or all of the following:

Tiny teddies (replace with any other favorite mini cookie)

Pop corn

Dried fruits

Puffed Rice

Shredded Coconut

Mini Marshmallows

M & Ms and/or other small candies (red hots, candy corn, gum drops, etc.)

Dried banana chips

Small pretzels

Various nuts but Including peanuts, brazil nuts, pistachios, almonds and cashews

Corn chips

Potato chips or potato sticks

Puffed corn

Various crackers (oyster crackers, cheese crackers, goldfish, etc.)

Crispy chow mein noodles

Wasabi Peas (hot hot hot!)

Snapea Crisps

Indian chickpea crisps

Soy nuts

Chocolate chips

White chocolate chips

Peanut butter chips

Butterscotch chips

Sunflower seeds

Pumpkin seeds

Raisins

Mini pretzels or pretzel bites

Various breakfast cereals

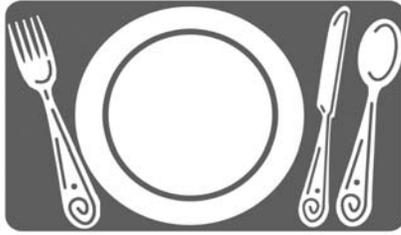
Fruit snacks or gummies

Bagel chips

Bugles

Cheese puffs, cheese curls, cheetos, cheese balls, etc.

Rice cakes broken into small pieces



# Dine Without Whine™

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## SAMPLE MENU

| <i>Meal</i>   | <i>Ingredients</i>   | <i>Instructions</i>  |
|---|--|--|
| Monday (A)<br><b>Beefy Taco Soup</b><br>Makes 4 servings            | 1 pound ground beef, browned<br>1 (14 1/2-ounce) can stewed tomatoes<br>1 (15-ounce) can kidney beans, rinsed and drained<br>1 (1 1/4-ounce) packet taco seasoning mix<br>1 (8-ounce) can tomato sauce           | 1. Stir ingredients together; pour into a slow cooker. Heat on low setting for 6 to 8 hours; stir occasionally.<br>Add water to thin consistency as desired.<br><br>Serve with (A*) bread sticks   |
| Tuesday (B)<br><b>Buttery Garlic Chicken</b><br>Makes 4 servings    | 2 eggs, beaten<br>1 cup round buttery crackers, crushed<br>1/2 teaspoon garlic salt<br>4 boneless, skinless chicken breasts<br>1/2 cup butter, sliced  | 1. Place eggs in a shallow bowl; set aside.<br><br>2. Mix cracker crumbs and garlic salt in a separate bowl; set aside.<br><br>3. Dip chicken in eggs and then coat in crumb mixture. Arrange in an ungreased 13" x 9" baking pan; dot with butter.<br><br>4. Bake at 375 degrees for 40 minutes or until juices run clear when chicken is pierced with a fork.  |
| Tuesday (B*) – Side Dish<br><b>Creamed Corn</b><br>Makes 4 servings | 1 cup canned corn<br>1/2 teaspoon milk<br>2 tablespoons sugar<br>2 slices bacon, crisply cooked, crumbled and drippings reserved<br>3 tablespoons all-purpose flour<br>1/2 cup water<br>Salt and pepper to taste | 1. In a medium mixing bowl, combine corn and milk; add sugar.<br><br>2. Place corn mixture and bacon drippings in a large skillet.<br><br>3. In a measuring cup, mix flour and water together; blend until smooth. Add enough additional water to the measuring cup to equal one cup.<br><br>4. Add flour mixture to corn and stir over medium heat until mixture is thick; salt and pepper to taste. Cook for 10 to 15 minutes. |

Dine Without Whine – Sample Menu

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| <i>Meal</i>  | <i>Ingredients</i>  | <i>Instructions</i>  |
|--|---|--|
| <p>Wednesday (C)<br/> <b>Crispy Pork Cutlets</b><br/>           Makes 4 servings</p>             | <p>2 eggs<br/>           2 tablespoons mustard<br/>           2 pounds pork loin cutlets<br/>           1 cup instant potato flakes<br/>           3 tablespoons oil</p>  | <p>1. Blend eggs and mustard together in a shallow pie pan; set aside.</p> <p>2. Dip pork cutlets in egg mixture; coat with potato flakes.</p> <p>3. Heat oil in a skillet; add pork, heating on both sides until done.</p> <p>Serve with (C*) green beans</p>   |
| <p>Thursday (D)<br/> <b>Turkey &amp; Broccoli Alfredo</b><br/>           Makes 4 servings</p>    | <p>1 (6-ounce) package fettuccine pasta, uncooked<br/>           2 cups frozen chopped broccoli<br/>           1 (10 3/4-ounce) can cream of mushroom soup<br/>           1/2 cup milk<br/>           3/4 cup shredded Parmesan cheese<br/>           3 cups cooked turkey (or chicken), cubed<br/>           1/8 teaspoon pepper</p>   | <p>1. Prepare fettuccine according to package directions. Add broccoli in the last 5 minutes of cooking; drain.</p> <p>2. In a large skillet over medium-high heat, mix soup, milk, cheese, turkey, pepper and fettuccine mixture; cook until warm, stirring often.</p>  |
| <p>Thursday (D*) – Side Dish<br/> <b>Italian Bread Salad</b><br/>           Makes 8 servings</p> | <p>3 cups Italian bread, toasted and cubed<br/>           3 tomatoes, diced<br/>           1 red onion, diced<br/>           4 cups fresh baby spinach,<br/>           3/4 cup olive oil<br/>           1/2 cup Parmesan Cheese<br/>           Salt and pepper to taste</p>   | <p>1. In a large serving bowl, combine bread cubes, tomatoes, onion and spinach. Pour on olive oil and toss to coat. Sprinkle with cheese. Salt and pepper to taste.</p>   |
| <p>Friday (E)<br/> <b>Chinese Beef Stir Fry</b><br/>           Makes 4 servings</p>              | <p>1 pound beef sirloin steaks lean, 1/2 -inch thick<br/>           1/8 teaspoon black pepper<br/>           2 tablespoons soy sauce<br/>           2 tablespoons water<br/>           1 teaspoon cornstarch<br/>           2 tablespoons vegetable oil<br/>           1 ginger root 1-inch piece fresh peeled and sliced 1/8 -inch thick<br/>           Fresh or frozen Stir-Fry vegetables of choice (pea pods, water chestnuts, sweet peppers, carrots, broccoli etc.)</p> | <p>1. Thinly slice beef into strips. Sprinkle with pepper and stir; set aside.</p> <p>2. In a small bowl, stir soy sauce, water and cornstarch until smooth; set aside.</p> <p>3. In a wok or large skillet, heat the oil. Add the gingerroot and stir-fry for 30 seconds. Add the beef and stir-fry until no longer red. Add the vegetables and cook until tender.</p> <p>4. Reduce heat to low. Stir in cornstarch mixture. Cook and stir until sauce thickens. Serve immediately.</p> <p>Serve with (E*) steamed rice and orange slices</p> |

| <i>Meal</i>  | <i>Ingredients</i>  | <i>Instructions</i>  |
|--|---|--|
| Saturday (F)<br><b>BBQ Chicken Pizza</b><br>Makes 6 servings     | 2 cups boneless, skinless chicken breasts, cooked and shredded<br>1/2 to 1 cup barbecue sauce<br>1 prebaked pizza crust<br>1 red onion, sliced<br>1 green pepper, sliced<br>1 cup shredded mozzarella cheese                | 1. In a large mixing bowl, combine chicken with barbecue sauce; spread over pizza crust. Arrange onion and pepper over chicken. Sprinkle cheese over all.<br><br>2. Bake at 450 degrees for 10 to 12 minutes, or until cheese is melted.<br><br>Serve with (F*) canned pineapple   |
| Sunday (G)<br><b>Pot Roast &amp; Veggies</b><br>Makes 6 servings | 3 to 4 pounds beef chuck roast (pot roast)<br>4 potatoes, chopped<br>6 carrots, chopped<br>1 onion, chopped<br>1 (10 3/4-ounce) can cream of mushroom soup<br>1 (1 1/2-ounce) box dry onion soup mix<br>2 tablespoons water | 1. Line a 13" x 9" baking dish with aluminum foil; place roast in dish. Place vegetables around roast.<br><br>2. In a medium mixing bowl, combine mushroom soup and onion soup mix; pour over roast and sprinkle with water. Cover with an additional piece of aluminum foil.<br><br>3. Bake at 300 degrees for 4 hours.<br><br>Serve with (G*) grapes |

| <i>Meal</i>  | <i>Ingredients</i>   | <i>Instructions</i>   |
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| Weekend Brunch<br><b>Strawberry Banana Breakfast Smoothie – H</b>                        | 1 cup orange juice<br>3 tablespoons non-fat dry milk powder<br>1/2 banana<br>10 fresh strawberries<br>3 cubes Ice  | Add all ingredients to a blender and blend until smooth.  |
| Weekend Brunch<br><b>Black Bean and Corn Enchilada Egg Bake – I</b><br>Makes 12 servings | 10 (6-inch) corn tortillas<br>1 (15-ounce) can black beans, drained, rinsed<br>1 (11-ounce) can vacuum-packed whole kernel corn, with red and green peppers, drained<br>1 (10 3/4-ounce) can condensed nacho cheese soup<br>6 eggs<br>2 cups milk<br>1 teaspoon cumin<br>2 ounces (1/2 cup) shredded cheddar cheese<br>1/2 red bell pepper, if desired<br>3 sprigs fresh cilantro, if desired<br>salsa (optional)<br>sour cream (optional) | 1. Grease 13x9-inch (3-quart) baking dish. Arrange and overlap 6 tortillas on bottom of dish. Spoon beans and corn evenly over tortillas. Spoon cheese soup evenly over vegetables. Cut remaining tortillas into 1-inch strips; arrange over top.<br><br>2. In large bowl, combine eggs, milk and cumin; beat well. Pour over tortilla strips. Cover tightly; refrigerate 4 hours or overnight.<br><br>3. Heat oven to 325°F. Uncover dish; sprinkle with cheese. Bake at 325°F. for 55 to 60 minutes or until eggs are set. Let stand 5 minutes before serving.<br><br>4. To garnish, chop bell pepper and cilantro; sprinkle over top. To serve, cut into squares. If desired, top with salsa and sour cream. |

| <i>Meal</i>   | <i>Ingredients</i>   | <i>Instructions</i>   |
|---|--|---|
| Dessert<br><b>Peanut Butter Crisscrosses – J</b><br>Makes 10 servings | 3 cups flour<br>2 teaspoons baking soda<br>1/2 teaspoon salt<br>1 cup butter or margarine,<br>softened<br>1 cup chunky peanut butter<br>1 cup brown sugar packed<br>3/4 cup sugar<br>2 eggs<br>1 teaspoon vanilla extract  | 1. Preheat oven to 350°. In a medium bowl, stir flour, baking soda and salt until blended; set aside.<br><br>3. In a large bowl, beat butter, peanut butter, brown sugar, sugar, eggs and vanilla until well blended. Gradually add flour mixture until blended.<br><br>4. Form 1” balls and place dough 1 inch apart on ungreased baking sheets. Dip a fork in flour and flatten each cookie with a crisscross design.<br><br>5. Bake for 10 minutes or until lightly browned and set in center. Cool on wire racks. Store in an airtight container. |
| Dessert<br><b>Easy Apple Crisp – K</b><br>Makes 8 servings            | 5 cups apples peeled, cored,<br>and thinly sliced (about 4 large)<br>1 tablespoon lemon juice fresh<br>1/3 cup whole wheat flour<br>1/3 cup brown sugar<br>1/2 teaspoon cinnamon ground<br>1/2 teaspoon allspice ground<br>Dash nutmeg ground<br>1/4 cup wheat germ toasted<br>1 cup oats old-fashioned<br>1/2 cup nuts chopped<br>1/3 cup butter melted or<br>margarine | 1. Heat oven to 375°.<br><br>2. Place apple slices in a greased 8-inch square shallow baking dish. Sprinkle with lemon juice.<br><br>3. Combine dry ingredients with oats and nuts and mix in melted butter or margarine until mixture is crumbly. Sprinkle over apples.<br><br>4. Put in oven and bake about 25 to 35 minutes or until apples are tender. Serve warm or cold topped with milk and a dash of nutmeg, or with cream or ice cream.  |

# Dine Without Whine - Sample Shopping List

## Fresh Produce

(C\*) green beans – enough for family  
(D\*) tomatoes – 3  
(D\*, F, G) onions – 1, red onion (2)  
(D\*) fresh baby spinach – 4 cups  
(E) ginger root – 1  
(E\*) orange slices – enough for family  
(F, I) peppers – green (1), red (1/2)  
(G) potatoes – 4  
(G) carrots – 6  
(G\*) grapes – enough for family  
(H) strawberries – 10  
(H) banana – 1/2  
(I) fresh cilantro – 3 sprigs  
(K) apples – 5 cups (about 4 large)

## Bakery / Bread

(A\*) bread sticks – enough for family  
(D\*) Italian bread – 3 cups  
(I) corn tortillas – 10 (6 inches each)

## General Grocery / Beverages

(H) orange juice – 1 cup  
(K) lemon juice – 1 tablespoon

## General Grocery / Cooking and Baking

(B, B\*, D\*, J) salt – to taste, 1/2 teaspoon;  
garlic salt (1/2 teaspoon)  
(B\*, D, D\*, E) pepper – to taste, 1/4  
teaspoon  
(B\*, J, K) flour – 3 tablespoons, 3 cups;  
whole wheat flour (1/3 cup)  
(B\*, J, K) sugar – 2 tablespoons, 3/4 cup;  
brown (1 1/3 cups)  
(C, D\*, E) oils – 3 tablespoons, Olive (3/4  
cup), Vegetable (2 tablespoons)  
(E) cornstarch – 1 teaspoon  
(I) cumin – 1 teaspoon  
(J) baking soda – 2 teaspoons  
(J) vanilla extract – 1 teaspoon  
(K) cinnamon – 1/2 teaspoon  
(K) allspice – 1/2 teaspoon  
(K) nutmeg – dash  
(K) wheat germ – 1/4 cup  
(K) chopped nuts – 1/2 cup

## General Grocery / Condiments and Sauces

(C) mustard – 2 tablespoons  
(E) soy sauce – 2 tablespoons  
(F) barbecue sauce – 1/2 to 1 cup

## General Grocery / Dry Food and Mixes

(A) taco seasoning mix – 1 packet (4 1/2  
ounces)  
(C) instant potato flakes – 1 cup  
(D) fettuccine pasta – 1 package (6 ounces)  
(E\*) rice – enough for family  
(G) dry onion soup mix – 1 box (1 1/2  
ounces)  
(H) non-fat dry milk powder – 3 tablespoons

## General Grocery / Canned and Bottled

(A) stewed tomatoes – 1 can (14 1/2  
ounces)  
(A) kidney beans – 1 can (15 ounces)  
(A) tomato sauce – 1 can (8 ounces)  
(B\*, I) corn – 1 cup, recipe I calls for 1 can  
(11 ounces) of corn with red and green  
peppers  
(D, G) cream of mushroom soup – 2 cans  
(10 3/4 ounces each)  
(F\*) pineapple – enough for family  
(I) black beans – 1 can (15 ounces)  
(I) condensed nacho cheese soup – 1 can  
(10 3/4 ounces)  
(I) salsa – optional (to garnish)  
(J) chunky peanut butter – 1 cup

## General Grocery / Snacks

(B) round buttery crackers – 1 cup

## Frozen

(D) frozen chopped broccoli – 2 cups  
(E) stir fry vegetables of choice (or use  
fresh)

## Dairy / Refrigerated

(B, J, K) butter or margarine – 1 1/2 cups,  
1/3 cup  
(B, C, I, J) eggs – 12  
(B\*, D, I) milk – 1/2 teaspoon, 2 1/2 cups  
(D, F, I) cheese – shredded Parmesan (1 1/4  
cup), shredded mozzarella (1 cup),  
shredded cheddar (1/2 cup)  
(F) pizza crust – 1  
(I) sour cream – optional (to garnish)

## General Grocery / Cereal

(K) old-fashioned oats – 1 cup

## Meat / Fish

(A) ground beef – 1 pound  
(B, F) boneless skinless chicken breasts – 4,  
2 cups  
(B\*) bacon – 2 slices  
(C) pork loin cutlets – 2 pounds  
(D) cooked turkey – 3 cups  
(E) beef sirloin steaks – 1 pound  
(G) beef chuck roast – 3 to 4 pounds