

Breakfast	Lunch	Snack	Dinner
Whole Wheat Toast Scrambled Eggs Peaches (Canned or Fresh if on Sale) Milk	Tuna Fish Sandwich on Whole Wheat Bread Peas (From Frozen) Applesauce Milk	Banana in a Blanket (Tortilla, Peanut Butter, Banana)	Four-Bean Salsa Soup Shredded Cheddar Cheeses Carrots Saltine Crackers Milk or Water
Cheerios Banana Milk	Quesadilla (Cheese melted on a Tortilla) Leftover Four Bean Salsa Soup Carrots Water	Yogurt Graham Crackers	Easy Homemade Chicken Nuggets Potato Salad Cantaloupe or Apricots Biscuits (cook extra to have some for breakfast) Milk
Biscuits Mandarin Oranges & Pears Milk French Bread Eggs Peaches Milk Peanut Butter on Whole Wheat Toast Banana Milk Boiled Egg Whole Wheat Toast Applesauce Milk Grain: Fruit/Vegetable: Milk Group:	Ramen Noodles Cheese Sticks Apple Slices Milk Leftover Spaghetti Green Salad Applesauce Water Egg Salad Sandwich on Whole Wheat Bread-boil extra eggs Carrots Water Nachos (Leftovers from Dinner)-Chicken, Cheese, Diced Tomatoes, Tortilla Chips Pineapple Milk Protein: Grain: Fruit/Vegetable: Milk Group:	Banana Animal Crackers Crunchy Bananas on A Stick (Bananas, Yogurt, Cheerios) Milk Graham Crackers Milk Cheerios Milk Chose Two Grain: Protein: Fruit/Vegetable: Milk Group:	Spaghetti (add cooked ground beef to sauce) Green Salad w/ Dressing-chose dark green lettuce French Bread (save extra for breakfast) Milk Burritos (Make Your own with Refried Beans and Cheese in a Flour Tortilla) Diced Tomato Cucumber Slices & Carrot Sticks Oranges Milk Chicken Taco Salad (Chicken-cook with Taco Seasoning, Black Beans-canned, Cheese, Lettuce, Tomato)-make extra Baked Corn Tortilla Chips Pears Milk Meatballs Broccoli (From Frozen or Fresh) Peaches WW Rolls/Bread Milk Protein: Grain: Fruit: Vegetable: Milk Group:

Easy Chicken Nuggets

4 cups Whole Grain Total or Corn Flakes cereal

1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

2 cup Italian dressing, honey mustard or red pepper sauce

Heat oven to 425 degrees . Spray baking sheet (with sides) with cooking spray. Crush cereal*; place in bowl or plastic food-storage bag. Dip chicken pieces into dressing; then roll in cereal until well coated. Place in pan. Bake about 10 minutes until no longer pink in center. 8 servings.

*Place cereal in plastic bag or between sheets of waxed paper; crush with rolling pin, or crush in blender or food processor.

Taken from: *Easy Recipes* by General Mills



Potato Salad

4 Servings, 1 ½ Cup Each

Potatoes, Washed, Peeled 1 Pound (4 Medium)

Onion, Diced 1 Cup

Sweet Pickle Relish ¼ Cup

Celery, Chopped ½ Cup

Salad Dressing, Mayonnaise-type ½ Cup

Wash potatoes; place in sauce pan. Cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and Cool.

Dice onion, chop celery; combine with pickle relish.

Add salad dressing to pickle mixture.

Cube potatoes and blend with dressing.

Cover and chill several hours.

Preparation time: 25 minutes

Cooking time: 15 minutes

Baked Meatballs

4 servings, about 3 meatballs each, plus 4 servings for another meal

Onions, minced ¼ cup

Vegetable Oil 1 Tablespoon

Lean Ground Beef 2 pounds

Eggs 2

Bread Crumbs ¾ Cup

Milk ½ cup

Salt 1/8 teaspoon

Pepper ½ teaspoon

Onion Powder 2 teaspoons

Garlic Powder ½ teaspoon



Preheat over 400° F. Grease baking sheet lightly with oil.

Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes.

Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.

Shape beef mixture into 1- to 2- inch meatballs; place on baking sheet.

Bake until thoroughly cooked, about 10 to 12 minutes.

Note: May serve alone or with spaghetti sauce and in a meatball sandwich.

Preparation time: 15 minutes

Cooking time: 10 to 12 minutes

Four-Bean Salsa Soup

28 oz. Salsa

1 can (15 oz.) Garbanzo Beans, undrained

1 can (15 oz.) Chili Beans, undrained

1 can (15 oz.) Kidney Beans, undrained

1 can (15 oz.) Black Beans, undrained

Cilantro, chopped

Shredded Cheese

1/2 pound ground beef

1. Fry ground beef, stirring constantly. Drain fat.

2. Add salsa, beans and cilantro, mix well.

3. Cover, reduce heat and simmer 5-10 minutes, stirring occasionally.

4. Garnish with cheeses.

Menu Planning

UMATILLA-MORROW COUNTY HEAD START, INC

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Banana in a Blanket

1 flour tortilla

Peanut butter

Banana

Warm tortilla in microwave or oven. Spread tortilla with peanut butter. Lay peeled banana on the edge of tortilla. Roll tortilla around banana.



Crunchy Bananas on a Stick

4 firm ripe bananas

8 wooden sticks with rounded ends

1 to 2 containers (6 ounces each) Yoplait Custard Style yogurt (any flavor)

3 cups Cheerios Cereal

Cover cookie sheet with waxed paper. Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer. 8 servings