

Menu Ideas for Spring

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
<u>Sunday</u>	Blueberry Muffins Orange Juice Lowfat Milk	Toasted Cheese on Whole Wheat Bread Tomato Soup Crackers	Baked Ham Asparagus Scalloped Potatoes Rolls Lowfat Milk	Lowfat Yogurt Granola
<u>Monday</u>	Poached Eggs Whole Wheat Toast Juice Lowfat Milk	Taco Salad with Meat Cheese Salsa & Chips Lowfat Milk	Fish Sticks Peas & Carrots Baked Fries Whole Grain Roll Lowfat Milk	Pear & Graham Crackers Pretzels
<u>Tuesday</u>	Bagel with Cream Cheese Lowfat Yogurt & Fruit Lowfat Granola	Tuna Salad on Whole Wheat Carrot Sticks Lowfat Milk	Split Pea Soup Ham on Whole Wheat Sliced Tomatoes Lowfat Milk	Strawberry Shortcake
<u>Wednesday</u>	Cereal & Fruit Whole Wheat Toast Lowfat Milk	Vegetable Soup Peanut Butter & Crackers Apples Lowfat Milk	BBQ Chicken New Potatoes Green Beans Rolls Lowfat Milk	Popcorn Pears
<u>Thursday</u>	Oatmeal Fruit Lowfat Milk	Ham & Cheese Sandwich Raw Broccoli with Dip Melon Lowfat Milk	Spinach-Rice Casserole* Steamed Carrots Garlic Bread Lowfat Milk	Ice Cream
<u>Friday</u>	Whole Grain Cereal Fresh Fruit Lowfat Milk	Grilled Chicken Sandwich with Lettuce & Tomato Grilled Vegetables Pretzels Lowfat Milk	Vegetable Pizza Tossed Salad Apples & Dip	Lowfat Yogurt with Fruit Cookies
<u>Saturday</u>	Ham & Biscuits Strawberries Lowfat Milk	Hamburger on Bun Vegetable Pasta Salad	Navy Beans with Green Onions Cornbread Lowfat Milk	Cake Lowfat Milk

*Recipe on back

Spinach-Rice Casserole

2 pounds fresh, chopped spinach (or other greens)
3 tablespoons margarine
1 cup chopped onion
2 cloves minced garlic
4 eggs beaten
4 cups cooked rice
1 cup low fat milk
1 1/2 cups cheese, shredded
2 tablespoons lite soy sauce

Wash spinach well. Set aside. Melt margarine over medium heat. Add onions and garlic, cook until soft. Add spinach and cook for 2 minutes. Remove from heat.

Combine all ingredients and mix well. Spread into a greased 9 x 13 casserole dish. Cover.

Bake at 350° F for 35 minutes.

Yield: 6 servings.

Nutritional Analysis: 360 calories, 17 g protein, 46 g carbohydrate, 6 g fiber, 11 g fat, 140 mg cholesterol, 900 mg sodium.

Reviewed by:

Jackie Walters, MBA, RD, LD

Extension Associate, University of Kentucky, Family & Consumer Sciences

Jaclynn A. Williams, RD, LD

Program Consultant, Kentucky Department of Education

Hazel Forsythe, PhD, RD, LD

Associate Professor, University of Kentucky, College of Agriculture

Prepared by:

Sarah Ball Brandl, MS, BS

Limited Resource Audience Coordinator

January 2005

Menu Ideas for Summer

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
<u>Sunday</u>	Cantaloupe Eggs Whole Wheat Toast (2 slices) Lowfat Milk	Ham & Cheese on Bun Raw Vegetables Lowfat Milk	Grilled Chicken Grilled Squash* Sliced Tomatoes Garlic Bread Lowfat Milk	Pudding Graham Crackers Banana
<u>Monday</u>	Whole Grain Cereal Fruit Lowfat Milk	Tortilla Roll-ups (Chicken, Grilled Vegetables) Lowfat Milk	Stuffed Bell Peppers Tossed Salad Peaches Rolls Lowfat Milk	Grapes Popcorn
<u>Tuesday</u>	Cinnamon Rolls Sliced Banana Orange Juice Lowfat Milk	Tuna Salad Stuffed Tomato on Mixed Greens with Lowfat Dressing Crackers Lowfat Milk	Hamburger on a Bun Corn on the Cob Sliced Tomato Lowfat Milk	Lowfat Yogurt Raisins
<u>Wednesday</u>	Oatmeal Strawberries Whole Wheat Toast Lowfat Milk	Grilled Cheese Carrots & Cucumbers with Dip Lowfat Milk	Hamburger Steak Corn/Green Beans Cole Slaw Cornbread Lowfat Milk	Peanut Butter & Crackers
<u>Thursday</u>	Blueberry Muffins Orange Juice Lowfat Milk	Beef Tacos with Lettuce Tomato Salsa & Chips Lowfat Milk	Macaroni & Cheese Peas & Carrots Rolls Lowfat Milk	Blackberry Cobbler
<u>Friday</u>	Cereal Whole Wheat Toast Orange Juice Lowfat Milk	Chicken Salad/Crackers Carrot Sticks Peaches & Cottage Cheese Lowfat Milk	Pizza Watermelon Lowfat Milk	Oatmeal Raisin Cookies Ice Cream
<u>Saturday</u>	Pancakes with Syrup Enriched Bran Flakes Banana Slices Lowfat Milk	Turkey Sandwich with Lettuce & Tomato Apple Potato Chips Lowfat Milk	Pork Chops Green Beans Baked Potatoes Roll Lowfat Milk	Berries & Ice Cream

*Recipe on back

Grilled Summer Squash

4 summer squash cut into 1/2 inch strips (zucchini or yellow, small size)
1/2 cup low fat Italian salad dressing
2 tablespoons grated parmesan cheese

Wash squash well. Soak squash in dressing for 20 minutes. Drain. Cook slices on a medium hot grill until tender -- about 10 minutes, turning often. Place on a serving plate and sprinkle with parmesan cheese.

Yield: 8-1/2 cup servings.

Nutritional Analysis: 30 calories, 2 g fat, 1 g protein, 3 g carbohydrate, 150 mg sodium.

This recipe also works well with eggplant, onions and peppers. It can be prepared inside in a non-stick skillet or grill pan.

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Menu Ideas for Fall

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
<u>Sunday</u>	Cheese Omelet w/Peppers & Onions Wheat Toast Grapes Lowfat Milk	Roast Turkey Broccoli Potatoes Rolls Pumpkin Pie Lowfat Milk	Pimento Cheese Sandwich Vegetable Soup Lowfat Milk	Chips/Salsa Apple
<u>Monday</u>	Cereal Orange Juice Lowfat Milk Toast/Peanut Butter	BLT Sandwich (Bacon, Lettuce, Tomato) on Whole Wheat Bread Applesauce Vegetables/Dip	Hot Turkey on Bread w/Gravy Green Beans Peaches Lowfat Milk	Brownie Lowfat Milk
<u>Tuesday</u>	Oatmeal Bananas Lowfat Milk Juice	Baked Potatoes w/Broccoli and Cheese Ham Sandwich Lowfat Milk	Chili w/Cheese Crackers Fruit Salad Lowfat Milk	Pudding Popcorn
<u>Wednesday</u>	French Toast Banana Lowfat Milk	Hot Dog w/Chili Raw Cauliflower Sliced Peaches Lowfat Milk	Ham Baked Sweet Potato Tossed Salad Low Fat Dressing Whole Wheat Rolls Lowfat Milk	Cheese/ Crackers Fruit Juice
<u>Thursday</u>	Whole Grain Cereal Fruit Lowfat Milk	Ham Sandwich Carrot Salad Apple Slices Lowfat Milk	Meat Loaf Greens/Mashed Potatoes Rolls/Lowfat Milk	Peanut Butter Cookies/ Ice Cream
<u>Friday</u>	Muffins Sliced Pears Lowfat Milk	Meatloaf Sandwich Tossed Salad Lowfat Milk	Chicken Terrific Salad* Garlic Bread Corn/Lowfat Milk	Apple Pie Ice Cream
<u>Saturday</u>	Eggs Biscuits Juice Lowfat Milk	Broccoli Soup Grilled Cheese Sandwich Tomato Juice	Tuna Noodle Casserole w/ Peas & Carrots Rolls/Lowfat Milk Fruit Salad	Apple Cider Ginger Snaps

*Recipe on back

Terrific Salad

1 small head cauliflower
1 head broccoli
1 small onion (shredded)
1/2 pound bacon
1-15 oz. can light red kidney beans (drained)
2/3 cup low-fat mayonnaise or salad dressing
1/2 cup sugar
1/4 cup vinegar

Wash cauliflower and broccoli. Cut into small pieces and place in a large bowl. Add shredded onion. Fry bacon until crisp, drain and crumble into small pieces. Add to vegetable mixture. Add drained beans. Mix together. Make a dressing for the salad by mixing the mayonnaise, sugar and vinegar. Pour over salad and stir.

Yield: 15-1/2 cup servings.

Nutritional Analysis: 190 calories, 10 g fat, 15 mg cholesterol, 8 g protein, 18 g carbohydrate, 4 g fiber, 310 mg sodium.

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Program Consultant, Kentucky Department of Education

Hazel Forsythe, PhD, RD, LD
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Menu Ideas for Winter

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
<u>Sunday</u>	Ham & Biscuits Orange Juice Lowfat Milk	Vegetable Soup & Crackers Cottage Cheese & Pears Lowfat Milk	Pork Roast Sweet Potatoes Green Beans Whole Wheat Rolls Apple Pie Ice Cream	Grapes Lowfat Yogurt Graham Crackers
<u>Monday</u>	Scrambled Eggs Toast & Jelly Tomato Juice Lowfat Milk	Bean Soup Carrot Sticks, Apple Slices Cornbread Lowfat Milk	BBQ Pork on Bun Coleslaw, Baked Potato Dill Pickles Lowfat Milk	Popcorn Orange
<u>Tuesday</u>	Apple Juice Oatmeal/Raisins Toast Lowfat Milk	Baked Potato with Broccoli & Grated Cheese Sliced Tomatoes Lowfat Milk	Baked Chicken Peas & Rice, Pears Whole Wheat Rolls Lowfat Milk	Peanut Butter & Crackers Cranberry Juice
<u>Wednesday</u>	Cereal & Banana Lowfat Milk	Ham Sandwich on Whole Grain Bread Potato Soup, Apple Salad* Lowfat Milk	Chicken & Noodles Carrots, Broccoli Rolls Lowfat Milk	Lowfat Yogurt & Fruit
<u>Thursday</u>	Eggs Biscuits Orange Slices Lowfat Milk	Macaroni & Cheese Mixed Vegetables, Pear Whole Grain Roll Lowfat Milk	Cabbage Rolls Green Salad with Lowfat Dressing, Corn Muffin Lowfat Milk	Hot Cocoa Graham Crackers
<u>Friday</u>	Hot Cereal Banana Lowfat Milk	Hamburger on Bun Raw Broccoli & Carrot Sticks Apple Slices Oatmeal Cookies Lowfat Milk	Salmon Patties Green Beans Baked Winter Squash Rolls Lowfat Milk	Grapes Gingerbread
<u>Saturday</u>	Muffins Pears Lowfat Milk	Turkey Sandwich on Whole Wheat with Cheese Lettuce & Tomato Potato Salad Orange Lowfat Milk	Spaghetti with Meat Sauce Green Salad Garlic Bread Lowfat Milk	Hot Cocoa Cake

*Recipe on back

Apple Salad

2 cups diced apples with peel
1 cup diced celery
1/2 cup raisins
1/2 cup chopped nuts
2 tablespoons low-fat mayonnaise or yogurt (vanilla or lemon)
1 tablespoon lemon or orange juice

Wash apples and celery. Dice to about 1/2" . Add raisins and nuts. Mix mayonnaise with juice. Toss with apples, celery, raisins, and nuts.

Yield: 8-1/2 cup servings.

Nutritional Analysis: 110 calories, 6 g fat, 1 g protein, 15 g carbohydrate, 0 mg cholesterol, 35 mg sodium.

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