

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|---|---|--|
| Breakfast | French Toast Orange Milk | Waffle Apple Milk | English Muffin Banana Milk | *Nonfat Granola Applesauce Milk | Pancakes Orange Milk |
| Lunch | *Fajitas Corn Tossed Salad Milk | Hamburgers Oven Fries Spinach Salad Milk | *Chicken & Rice Green Beans Mixed Fruit Milk | Ham & Beans Cornbread Grapes Milk | Sandwiches Tomato Soup Pears Milk |
| Snack | Apples Peanut Butter | Muffins Milk | Graham Crackers Apple Juice | Oatmeal Cookies Milk | *Yogurt Pops Mixed Fruit |
| Supper | Hardboiled Eggs Banana Oven Fries Toast Milk | Spaghetti with *Meat Sauce Tossed Salad Milk | Ground Beef Lettuce & Tomato Corn Tortilla Milk | Baked Chicken Green Beans Pineapple Roll Milk | English Muffin Pizza w/Chicken & Pineapple Celery Sticks Milk |



Fajitas

Slice 1/2 pound boneless, skinless chicken; chop 1/2 onion; and toss with: 3 cloves mashed garlic, 2 tablespoons oil, the juice of two lemons, 1 teaspoon chili powder, 1/4 teaspoon cumin, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Marinate for at least 1/2 hour or overnight. To Cook: Add all the vegetables and juices to pan with the meat. Cook until meat is done. Serve on tortillas sprinkled with cheese.

Meat Sauce

Brown one-pound ground turkey or beef. In a large pot, add the meat to 1 jar prepared spaghetti sauce and one large can crushed tomatoes. Season to taste with garlic, onion, oregano, basil, olive oil, etc. Simmer for 30 minutes or more.

Chicken and Rice

In a 13" X 9" pan add 1 cup white rice, 2 cups water, and 1 can cream of mushroom soup. Stir until well blended. Sprinkle 4 to 6 chicken breasts with garlic salt and pepper to taste. Place chicken on rice (leaving bone side up) and bake at 375 degrees for 45 minutes to 1 hour.

Nonfat Granola

In saucepan mix: 3/4 cup brown sugar, 1/3 cup apple juice concentrate, 1/2 cup dry milk, and 1/3 cup honey. Heat until sugar dissolves. In a large bowl mix: 5 cups quick oats, 2 tablespoons cinnamon, and 1/2 teaspoon salt. Pour sugar mixture slowly over dry mixture and blend well. Place on cookie sheet and bake at 375 degrees for 20-30 minutes, stirring every 10 minutes. Cool. Mix in 1/2 cup raisins.

Yogurt Pops

In a blender or food processor, blend 1 small can crushed pineapple with juice and a 2 pound container of strawberry yogurt. Pour into popcicle makers and freeze.