FeedAFamily

Your Week in Meals

Welcome To Your FeedAFamily Delivery & Your Week In Meals.

We aim to provide all the ingredients needed to provide 4 servings per meal throughout a five-day period. This being our goal, it is not a guarantee, and you may have to substitute items throughout the menus with items already in your pantry. ***Please review all ingredients against the allergies in your family.*** The information provided below is a guide to assist your household in managing the food that has been donated to the max extent possible.

Your Week in Meals:

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY
Dates:			
BREAKFAST:			
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Grain/Meat	WG Cereal	Scrambled Eggs w/ Toast	WG Cereal
Extra			
LUNCH/SUPPER:			
	Skillet Chicken Parmesan	**Chef Salad**	**Chicken Sausage Sandwich**
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Vegetable	Zucchini	Lettuce/Cucumber/Tomat	Spinach
Grain	WG Pasta	Pita Wedges	Bun
Meat/Meat Alternate	Chicken Breast/ Mozzarella Cheese	Ham/Hard Boiled Egg/Shredded Cheese	Chicken Sausage
Extra	Tomato Sauce		
SNACK: *Select two of the five components*			
Milk	Water	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Water
Fruit			Fruit of Choice
Vegetable	Carrots & Celery		
Grain		Granola Bar	
Meat/Meat Alternate	Peanut Butter		Hardboiled Egg

WG = Whole Grain

Continued on next Page

MEAL PATTERN	THURSDAY	FRIDAY
Dates:		
BREAKFAST:		
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice
Grain/Meat	Yogurt	WG Cereal
Extra		
LUNCH/SUPPER:		
	BBQ Chicken Stuffed Sweet Potato	**Grilled Cheese and Soup**
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice
Vegetable	Sweet Potato	Vegetable Soup
Grain	Pita Wedges	WG Bread
Meat/Meat Alternate	Shredded Chicken	Cheese
Extra	BBQ Sauce	
SNACK: *Select two of the*		
Milk	Water	Water
Fruit		Apple
Vegetable		
Grain	Pretzels	
Meat/Meat Alternate	Cheese Stick	Peanut Butter
WG = Whole Grain		

The fruits and snacks in your delivery may differ and are intended to be substituted

Skillet Chicken Parmesan
(Serves 4)

INGREDIENTS
- 1 tablespoon olive oil
- 4 small boneless chicken breasts (about 1 ¼ lbs)
- 1 ½ cups pasta sauce
- 1 ½ cups shredded mozzarella cheese (about 6 ounces)

DIRECTIONS

1. Season the chicken as desired. Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 6 minutes or until well browned on both sides
2. Stir the sauce in the skillet. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.
3. Sprinkle with the mozzarella and cover to melt.
4. Serve over pasta.

Chef Salad (Serves 4)
INGREDIENTS
- 1 package mixed greens (bag)
- 2 hardboiled eggs (sliced)
- 2 tomatoes (sliced)
- 1⁄4 lb ham or turkey (chopped)
- 1 cucumber
- 1⁄4 package cheddar cheese (shredded or chopped)
- vinegar and oil dressing (if available)

INSTRUCTIONS

Cover a plate with mixed greens. Then arrange sliced boiled eggs, diced tomatoes, ham or turkey, cucumbers, cheese on the greens. Top with your favorite gluten-free dressing.
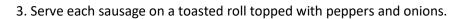
Chicken Sausage Sandwich

(Serves 4)

INGREDIENTS

- 1 tsp. olive oil
- 1 yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 tsp. minced garlic
- 1 tsp. Italian seasoning
- ¼ tsp. crushed red pepper flakes
- Salt and pepper, to taste
- 12 oz. Italian chicken sausage, 4 3oz. sausages

DIRECTIONS

1. Heat 1 teaspoon olive oil in a large nonstick skillet over medium heat. Cook peppers and onions, stirring frequently, until softened, about 10 minutes. Add in garlic, Italian seasoning, salt and pepper (optional) and cook for an additional minute.

2. Heat grill or grill pan to medium-high. Place sausages on grill and cook until crispy and lightly browned.

3. Serve each sausage on a toasted roll topped with peppers and onions.

BBQ Chicken Stuffed Sweet Potatoes

(Serves 4)

INGREDIENTS

- 2 medium sweet potatoes, halved
- 1 lb. boneless skinless chicken breasts, cooked and shredded
- 1/3 cup BBQ sauce
- Sliced green onions (optional)

DIRECTIONS

1. Preheat oven to 425°F. Lay sweet potatoes cut side up on a large baking sheet. Roast until tender, about 35 minutes, depending on size of potatoes.

2. Cook chicken and shred.

3. In a saucepan set to medium low, stir together cooked chicken and BBQ sauce. Heat until warm, 5-10 minutes.

4. Top each potato with scoopfuls of chicken. Spoon over additional BBQ sauce and sprinkle with sliced green onions, if desired.

Grilled Cheese & Soup

(Serves 4)

INGREDIENTS
- 2 slices ½"-thick Pullman or other white bread
- 1 tablespoon unsalted butter
- 2 ounces thinly sliced American cheese or cheddar (about 4 slices)
- Freshly ground black pepper
- Campbell's Tomato Soup (for serving; optional)

DIRECTIONS
1. Place bread on a cutting board and spread butter over top side of each; this is key to a golden, delectable crunch.
2. Heat a small skillet (nonstick, ideally) over medium. Slide in half of butter. When it melts, place 1 slice of bread, buttered side down, in skillet; top with cheese; season with pepper.
3. Top with second slice of bread, butter side up.
4. When underside is golden brown, about 4 minutes, turn sandwich and add remaining butter to skillet. Press down on sandwich to encourage even browning and to help melt cheese—be gentle, don't smash it.
5. Cook until second side is golden brown and cheese is melted. Eat immediately, preferably with soup

Zest Up Those Veggies

Salt + Pepper + Butter
Any veggie!

Garlic + Butter
Green Beans, Broccoli, Spinach, Zucchini

Parmesan Cheese + Lemon Juice
Green Beans, Broccoli, Cauliflower, Zucchini

Chile Flake + Honey + Lemon Juice
Cauliflower, Broccoli, Spinach

Cinnamon + Butter
Carrots, Sweet Potatoes, Butternut Squash

Mrs. Dash
Any veggies!

Cajun Seasoning
Corn, Zucchini, Spinach

Figure 1-1.
Cup- & Ounce-Equivalents

Within a food group, foods can come in many forms and are not created equal in terms of what counts as a cup or an ounce. Some foods are more concentrated, and some are more airy or contain more water. Cup- and ounce-equivalents identify the amounts of foods from each food group with similar nutritional content. In addition, portion sizes do not always align with one cup-equivalent or one ounce-equivalent. See examples below for variability.

Vegetables	Fruits	Grains	Dairy	Protein
1/2 cup portion of green beans is equal to 1/2 cup-equivalent vegetables	1/2 cup portion of strawberries is equal to 1/2 cup-equivalent fruit	1 slice of bread is equal to 1 ounce-equivalent grains	6 ounce portion of fat-free yogurt is equal to 3/4 cup-equivalent dairy	1 large egg is equal to 1 ounce-equivalent protein foods
1 cup portion of raw spinach is equal to 1/2 cup-equivalent vegetables	3/4 cup portion of 100% orange juice is equal to 3/4 cup-equivalent fruit	1/2 cup portion of cooked brown rice is equal to 1 ounce-equivalent grains	1 1/2 ounces portion of cheddar cheese is equal to 1 cup-equivalent dairy	2 tablespoons of peanut butter is equal to 2 ounce-equivalents protein foods
	1/4 cup portion of raisins is equal to 1/2 cup-equivalent fruit			1 ounce portion of walnuts is equal to 2 ounce-equivalents protein foods
				1/2 cup portion of black beans is equal to 2 ounce-equivalents protein foods
				4 ounce portion of pork is equal to 4 ounce-equivalents protein foods

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.

Move to low-fat or fat-free milk or yogurt.

Focus on whole fruits.

Vary your veggies.

Make half your grains whole grains.

Vary your protein routine.

Fruits

Grains

Dairy

Vegetables

Protein

ChooseMyPlate.gov

Limit

Limit the extras.
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

MyWins

Create 'MyWins' that fit your healthy eating style.
Start with small changes that you can enjoy, like having an extra piece of fruit today.

Fruits	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand. | Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label. | Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain." | Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage. | Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean. |

Daily Food Group Targets — Based on a 2,000 Calorie Plan
Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2½ cups	6 ounces	3 cups	5½ ounces
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 cup counts as:*	*1 ounce counts as:*
1 large banana
1 cup mandarin oranges
½ cup raisins
1 cup 100% grapefruit juice	2 cups raw spinach
1 large bell pepper
1 cup baby carrots
1 cup green peas
1 cup mushrooms	1 slice of bread
½ cup cooked oatmeal
1 small tortilla
½ cup cooked brown rice
½ cup cooked grits	1 cup milk
1 cup yogurt
2 ounces processed cheese	1 ounce tuna fish
¼ cup cooked beans
1 Tbsp peanut butter
1 egg

Water

Drink water instead of sugary drinks.
Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

Don't forget physical activity!
Being active can help you prevent disease and manage your weight.
Kids ≥ 60 min/day | Adults ≥ 150 min/week