



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 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Grain/Meat	WG Cereal	Scrambled Eggs w/ Toast	WG Cereal
Extra			
LUNCH/SUPPER:			
	Ranch Chicken	Beef Stroganoff	English Muffin Pizza
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 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Vegetable	String Beans	Peas and Carrots	Carrots & Celery w/ Ranch
Grain	Brown Rice	WG Pasta	English Muffin
Meat/Meat Alternate	Chicken	Ground Beef	Shredded Cheese
Extra	Ranch	Cream of Mushroom Soup	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
<i>WG = Whole Grain</i>			

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:		
	Chicken Stir Fry	Sloppy Joes
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	Stir Fry Veggies	String Beans
Grain	Brown Rice	WG Bun
Meat/Meat Alternate	Chicken	Ground Beef
Extra	Teriyaki Sauce	Sloppy Joe Sauce
SNACK: <i>Select two of the</i>		
Milk	Water	Water
Fruit		Apple
Vegetable		
Grain	Pretzels	
Meat/Meat Alternate	Cheese Stick	Peanut Butter

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



Ranch Chicken

(Serves 4)

INGREDIENTS

- 1/4 cup ranch dressing
- 1/2 cup bread crumbs
- 4 boneless skinless chicken breasts (1 1/2 lb)
- 2 tablespoons vegetable oil
- Sautéed red onion wedges, if desired

DIRECTIONS

1. Heat oven to 350°F.
 2. Place dressing in medium bowl. Place bread crumbs in a separate medium bowl. Dip chicken into dressing, then coat with bread crumbs. Press to adhere.
 3. In 12-inch ovenproof skillet, heat oil over medium-high heat. Add chicken; cook 1 to 2 minutes or until bottom is browned. Turn chicken over. Place skillet in oven.
 4. Bake uncovered 15 to 20 minutes or until juice of chicken is no longer pink when center of thickest part is cut (at least 165°F). Serve with sautéed red onion wedges.
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Beef stroganoff

(Serves 4)

INGREDIENTS

- 1 pound ground beef
- 1 cup sliced fresh mushrooms or canned mushrooms (optional)
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 can (10-3/4 ounces) condensed cream of mushroom or cream of chicken soup,

undiluted

- 1/4 teaspoon pepper
- 3 cups cooked egg noodles or other pasta
- 1 cup sour cream

DIRECTIONS

1. In a large skillet, cook the beef, mushrooms, onion and garlic over medium heat until meat is no longer pink; drain.
2. Stir in the soup and pepper. Cook for 2-3 minutes or until heated through.
3. Reduce heat. Stir in the noodles and sour cream; cook until heated through.



English Muffin Pizzas

(Serves 4)

INGREDIENTS

- 4 English muffins, split 1/2
- 1 cup canned pizza sauce
- 14 Oz Pizza Sauce
- 2 cups shredded mozzarella cheese
- 16 slices pepperoni sausage

Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
 2. Place the English muffin halves cut side up onto a baking sheet.
 3. Spoon some of the pizza sauce onto each one. Top with mozzarella cheese and pepperoni slices.
 4. Bake for 10 minutes in the preheated oven, or until the cheese is melted and browned on the edges.
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Chicken Stir Fry

(Serves 4)

INGREDIENTS

- Microwaveable Brown Rice
- Stir Fry Vegetable Starter Kit
- 1/2 lb Chicken Breast
- Gluten Free Soy Sauce

INSTRUCTIONS

Cut chicken into 1/2-inch strips; place in a resealable plastic bag. Combine soy sauce and garlic powder (optional). Add to bag and shake well. Let marinade, in refrigerator, for at least 30 minutes.

In a large skillet or wok, heat 2 tablespoons of oil, stir fry the chicken until no longer pink, about 3-5 minutes. Remove and keep warm.

Add the remaining oil and stir fry the bag of vegetables for 4-5 minutes, or until crisp-tender. Return chicken to the wok, and stir. Serve over brown rice.



Sloppy Joes (Serves 4)

INGREDIENTS

- 1 medium onion, finely chopped (optional)
- 1/2 green bell pepper, finely chopped (optional)
- 2 cloves garlic, minced (optional)
- Coarse salt and ground pepper (optional)
- 1 pound ground beef
- 1 can (15 ounces) tomato sauce
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 4 hamburger buns, split and toasted

DIRECTIONS

1. Heat meatballs per the packaging instructions
 2. Heat Marinara Sauce
 3. Place heated meatballs into hoagie rolls, spoon sauce over meatballs, add parmesan cheese to taste.
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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



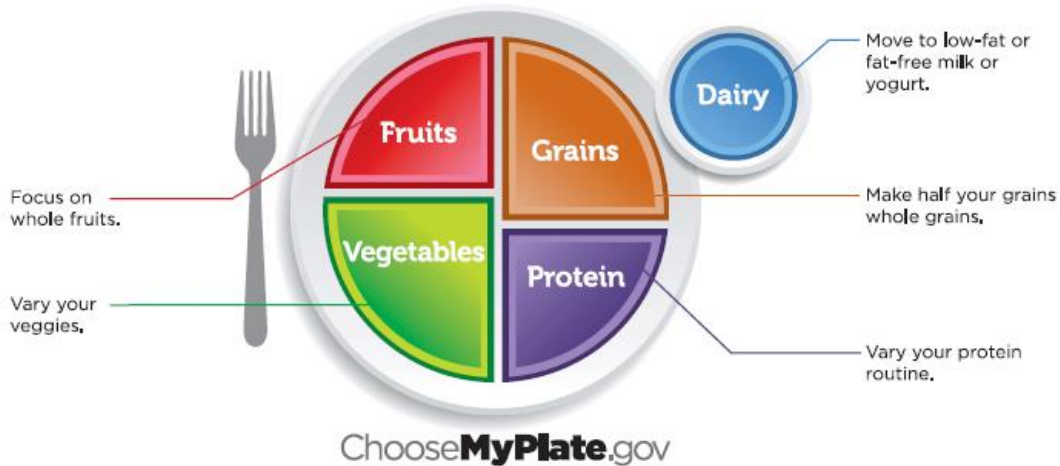
Figure 1-1. Cup- & Ounce-Equivalents

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

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.



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
<p>Focus on whole fruits and select 100% fruit juice when choosing juices.</p> <p>Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>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.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>
Daily Food Group Targets — Based on a 2,000 Calorie Plan				
Visit SuperTracker.usda.gov for a personalized plan.				
<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg
<p>Drink water instead of sugary drinks.</p> <p>Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.</p>	<p>Don't forget physical activity!</p> <p>Being active can help you prevent disease and manage your weight.</p> <p>Kids ≥ 60 min/day Adults ≥ 150 min/week</p>			

Shopping List

Quantity | Item

- 1 12oz 100% Whole Wheat Sliders Buns
- 1 10oz Kroger Reduced Fat Mozzarella String Cheese
- 1 15oz Pretzel Sticks
- 1 12ct Crunchy Granola Bars - Oats & Honey
- 1 1lb Celery Sticks
- 1 15oz Sloppy Joe Sandwich Sauce
- 1 10oz Teriyaki Marinade & Sauce
- 1 12oz Stir-Fry Starters Vegetables
- 1 14oz Pizza Sauce
- 1 15oz Traditional Bread Crumbs
- 1 8oz Original Sour Cream
- 1 10.5oz Cream of Mushroom Condensed Soup
- 1 6.5 oz Mushrooms Pieces & Stems
- 1 12oz Whole Wheat Wide Egg Noodles
- 1 12oz Peas & Carrots
- 1 14oz Boil-in-Bag Microwaveable Brown Rice
- 2 14.5oz Kroger Cut Green Beans - No Salt
- 1 Plain English Muffins 6 Count 12 oz
- 2 1lb 85% Lean Ground Beef
- 1 12oz Rice Bitz Cereal
- 2 Blended Strawberry Flavor No Sugar Added Nonfat Greek Yogurt
- 2 Blended Mixed Berry Flavor No Sugar Added Nonfat Greek Yogurt
- 2 18.5oz Progresso Reduced Sodium Roasted Chicken Noodle Soup
- 1 6 ct /4oz Unsweetened Applesauce Bowls
- 1 Yellow Cling Diced Peaches
- 1 4 ct / 3.8 oz Fruit Snack Bowls No Sugar Added
- 4 Bananas

- 1 3lb Adorbs Easy Peel Mandarins
- 1 Welch's Concord Grape Jelly 20 oz
- 1 16oz Oven Roasted Turkey Breast
- 1 Grade A Large Eggs 12 ct
- 1 1lb Cut & Peeled Baby Carrots
- 1 16oz Creamy Ranch Dressing
- 1 8oz Shredded Mozzarella Cheese
- 1 Boneless & Skinless Chicken Breasts
- 1 Creamy Peanut Butter 16 oz
- 1 Round Top 100% Whole Wheat Bread 16 oz
- 1 1lb Apple - Red Delicious – Small
- 1 28oz Honey Nut Toasted Oats Cereal
- 1 Gallon 1% Lowfat Milk