



# 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:			
<b>BREAKFAST:</b>			
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			
<b>LUNCH/SUPPER:</b>			
	<b>Ranch Chicken</b>	<b>Beef Stroganoff</b>	<b>English Muffin Pizza</b>
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
<b>SNACK: Select two of the five components</b>			
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>			

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MEAL PATTERN	THURSDAY	FRIDAY
Dates:		
<b>BREAKFAST:</b>		
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		
<b>LUNCH/SUPPER:</b>		
	<b>Chicken Stir Fry</b>	<b>Sloppy Joes</b>
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
<b>SNACK: <i>Select two of the</i></b>		
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
- ½ 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 pound ground Turkey
- 1 medium onion, finely chopped (optional)
- 2 cloves garlic, minced (optional)
- Coarse salt and ground pepper (optional)
- 1 can (15 ounces) sloppy joe sauce
- 4 hamburger buns, split and toasted

### DIRECTIONS

1. Brown 1lb of ground turkey in skillet
2. Add optional ingredients as desired
3. Stir in Sloppy Joe sauce and serve on bun.



## **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



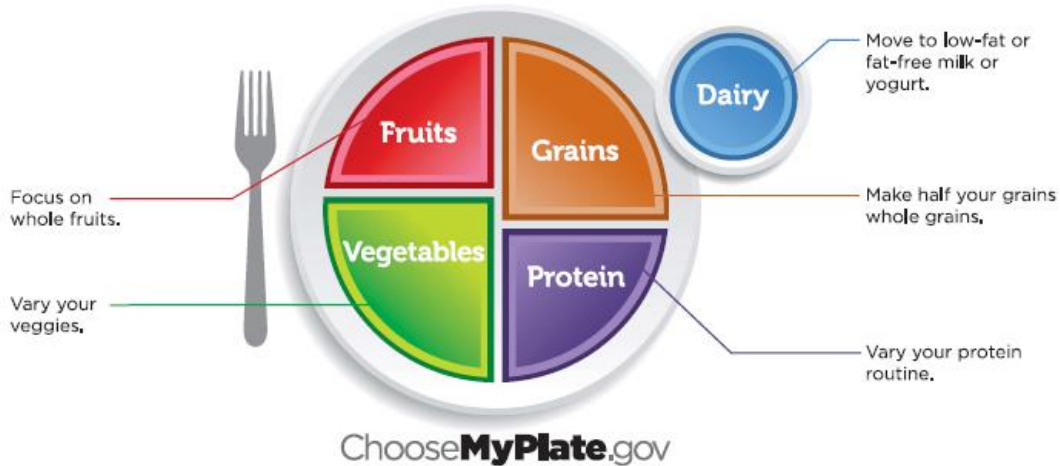
## Figure 1-1. Cup- & Ounce-Equivalents

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 <a href="http://SuperTracker.usda.gov">SuperTracker.usda.gov</a> for a personalized plan.				
<p><b>2 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 large banana</li> <li>1 cup mandarin oranges</li> <li>½ cup raisins</li> <li>1 cup 100% grapefruit juice</li> </ul>	<p><b>2½ cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 large bell pepper</li> <li>1 cup baby carrots</li> <li>1 cup green peas</li> <li>1 cup mushrooms</li> </ul>	<p><b>6 ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked grits</li> </ul>	<p><b>3 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 cup milk</li> <li>1 cup yogurt</li> <li>2 ounces processed cheese</li> </ul>	<p><b>5½ ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans</li> <li>1 Tbsp peanut butter</li> <li>1 egg</li> </ul>
<p><b>Water</b></p> <p><b>Drink water instead of sugary drinks.</b></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><b>Don't forget physical activity!</b></p> <p>Being active can help you prevent disease and manage your weight.</p> <p>Kids ≥ 60 min/day   Adults ≥ 150 min/week</p>			