

Breakfast Recipes

Breakfast Pizza

2 pkg refrigerated crescent rolls
3 eggs
1/2 C ham, diced
1 red pepper, small, diced
1 C Colby cheese, shredded
2 plum tomatoes, diced

Unroll crescent dough. Arrange edge to edge, pressing edges together, on lightly floured jelly roll pan. Sprinkle ham and pepper evenly over dough. Whisk eggs in a bowl. Drizzle evenly over ham. Sprinkle with cheese. Bake at 375° for 12-15 minutes. Sprinkle with tomatoes, season with salt and pepper.

Serves 8. Credit as meat and grain.

Menu: Breakfast Pizza

Kiwi
Milk

Freezer Pancakes

1 C flour
2 T sugar
1 C milk
2 T baking powder
1/2 t salt
1 egg

Mix all ingredients until smooth. Immediately pour on hot griddle, using a tablespoon to make dollar sized cakes. Turn when cakes “bubble”. Remove from pan serve hot. You can prepare and fry pancakes, wrap individually and freeze. Pop in toaster to serve. Serves 8. Credit as bread.

Menu: Freezer Pancakes

Applesauce
Milk
Boiled Egg

Oatmeal Muffins

1 1/4 C oatmeal
1/4 C oil
1/2 C brown sugar
2 t baking powder
1/4 salt
1 C buttermilk
1 egg
1 C flour
1/2 t soda

Mix oatmeal, buttermilk, oil and egg. Add brown sugar, flour, baking powder, soda and salt. Let stand 5 minutes. Fill muffin cups 2/3 full. Bake at 350° for 15-20 minutes. Serves 12. Credit as bread.

Menu: Oatmeal Muffin

Pineapple Chunks
Milk

Blueberry Applesauce Bread

3 C flour
1/2 C sugar
1 T baking powder
1/2 t baking soda
2 C fresh or frozen blueberries

1/2 t cinnamon
2 eggs, well beaten
1 C applesauce
1/4 C butter/margarine, melted

Mix together flour, sugar, baking powder baking soda and cinnamon. Add eggs, applesauce and butter. Stir till well blended. Fold in berries. Pour into large greased loaf pan. Bake at 350° for 1 hour. Serves 16. Credit as bread.

Menu: Blueberry Applesauce Bread
Cantaloupe
Milk
Yogurt

Microwave Carmel Rolls

1/2 C brown sugar
1/4 C butter
2 t water
1 tube refrigerator biscuits

Cook first 3 ingredients in a microwave safe pan for 1 1/2 minutes on high. Cut refrigerator biscuits in quarters. Put in sugar sauce. Cook 3 minutes and 45 seconds on high. Cool 3-5 minutes. Flip out of pan onto a plate and serve.

Serves 10. Credit as bread at snack or breakfast.

Menu: Microwave Caramel Rolls
Fresh Fruit Cup
Milk

Yogurt Grahams

2 graham crackers squares
Fruit Flavored yogurt

Spread yogurt on the graham cracker squares. Place crackers on top of each other. Serves 1. Credit as bread.

Menu: Yogurt Grahams
Blueberries
Milk

Flowerettes

1 pkg refrigerated biscuits
3/4 C butter
Cinnamon and sugar
Marchino Cherries

Separate biscuits. Melt butter; dip each biscuit. Roll in cinnamon and sugar mixture. Put on baking sheet, score each biscuit with an X. Top with half a marchino cherry. Bake at 350° for 10 minutes. Serves 10. Credit as grain.

Menu: Flowerettes
Grapefruit Slices
Milk

Snack Recipes

Banana Pop

2 bananas, large, firm

2 C fruit juice

6 popsicle sticks

6 (5 oz) paper cup

Peel bananas, cut each into 3 pieces; insert popsicle stick halfway into each. Place popsicle sticks in center paper cups. Pour 1/3 C juice into each cup. Freeze until firm. Tear paper cup away from popsicle to serve.

Serves 6. Credit for fruit.

Menu: Banana Pop

Toast

Apple Smiles

1 apple, sliced

2 T peanut butter

16 miniature marshmallows

Cut apple into 12 wedges. Spread one side of each wedge with peanut butter. Place 3 miniatures marshmallows on top of 6 apple wedges spread with peanut butter. Top with another apple slice, peanut butter side down. Squeeze gently.

Serves 2. Credit as meat and fruit.

Menu: Apple Smiles

Saltines

Applesauce Icy

2 C applesauce

2 T brown sugar

1 T lemon juice

1/2 t vanilla

Mix all ingredients together. Put into a covered container and freeze for 6 hours or overnight. Let stand at room temperature for about 10 minutes before serving. Spoon into bowls. Can be frozen in cups for apple-pops.

Serves 4. Credit as fruit.

Menu: Applesauce Icy

Graham Cracker

Cheesy Wheats

4 C shredded wheat spoon-size

1/2 C margarine

8 oz cheddar cheese, shredded

In a large bowl, melt margarine in microwave. Add cheese, microwave until melted, stirring often. Add shredded wheat. Toss to coat well.

Serves 8. Credit as meat and grain.

Menu: Cheesy Wheats

Milk

Cottage Cheese Dip

1 C cottage cheese
1 t lemon or lime juice
1 t onion flakes
1 pinch pepper flakes
1 t milk (optional)
1 t celery salt

Mix all ingredients together and serve as a dip for vegetables or spread on crackers. Serves 4. Credit as meat.

Menu: Cottage Cheese Dip
Green, Orange and Red Peppers

Icy Oranges

1 orange, large, thin skinned
Cut into 8 wedges. Peel each wedge halfway down one side tuck peel under. Place on baking sheet; freeze 1 hour or until partially frozen. Serves 2. Credit as fruit.
Menu: Icy Oranges
English Muffin

Puppy Chow

1 C chocolate chips
1/2 C peanut butter
2 C cheerios
1 box (15 oz) Crispix
1 C powdered sugar
Melt first two ingredients. Combine Crispix and Cheerios in a large bowl. Pour melted mixture over the cereal; stir until coated. Pour powdered sugar on top and toss lightly. 1 cup = 1 serving. Serves 18. Credit as grain.
Menu: Puppy Chow
Apple Juice

Orange Julius

1 (6 oz) can frozen orange juice, undiluted
1 C milk
1 C water
1/4 C sugar
1 t vanilla
10-12 ice cubes
Combine ingredients in a blender. Blend until smooth, about 30 seconds. Serve immediately. Serves 4. Credit as fruit.
Menu: Orange Julius
Cinnamon Bread

Fruit Salsa

1 C strawberries, diced
1 large, banana, diced
1 kiwi, peeled, diced
1 large apple, diced
2 T lemon juice

1/4 C sugar
1/8 t nutmeg
1/4 t cinnamon

Combine fruit in a bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Use as a dip, or served as a side dish with grilled fish or chicken.

Serves 8. Credit as fruit.

Menu: Fruit Salsa
Cinnamon Chips

Cinnamon Chips

4 (8 in) whole wheat flour tortillas
2 t sugar
1/4 t cinnamon
Cooking spray

Mix sugar and cinnamon. Cut tortillas into wedges, place in a single layer on a baking sheet. Spray each side with cooking spray. Sprinkle with sugar and cinnamon. Bake at 350° for 8-10 minutes. Cool. Serves 8. Credit as grain.

Menu: Cinnamon Chips
Fruit Salsa

Yogurt Pops

6 oz frozen fruit juice, undiluted
16 oz vanilla lowfat yogurt

Mix together and pour into 8 paper cups. Freeze for 1 hour. Place a popsicle stick in the center, return the freezer. Freeze until solid. Warm slightly to remove paper cup before eating.

Serves 8. Credit as meat at snack.

Menu: Yogurt Pops
Bagel

Tortilla Roll-up

Flour tortilla
Sugar and cinnamon

Warm tortillas in microwave to soften. Sprinkle tortilla with sugar and cinnamon. Roll up and enjoy! Serves 1. Credit as grain.

Menu: Tortilla Roll-up
Grapes

Banana Chocolate Chip Bread

2 C enriched flour	1 T vanilla
3/4 C sugar	1 t cinnamon
1 t baking powder	1/3 C vegetable oil
1 t baking soda	1/4 C milk
2 eggs	1 C chocolate chips
1 C bananas, mashed	

Mix flour, sugar, baking soda and baking powder in large bowl. Beat eggs in a small bowl; stir in bananas, vanilla, cinnamon oil and milk. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in chocolate chips. Pour into prepared loaf pan. Bake at 350° for 55 minutes or until knife inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack. Serves 30. Credit as grain.

Menu: Banana Chocolate Chip Bread
Chocolate Milk

Cinnamon Pull-Aparts

2 loaves frozen bread dough, thawed
1/2 C butter, melted
1 C brown sugar
1/2 t cinnamon
2 T milk
2 (3 3/4 oz) boxes vanilla instant pudding

Grease 9x13" pan well, including sides. Tear one loaf of dough into pieces and place in pan. Mix together melted butter, milk, pudding and cinnamon. Pour over dough. Tear second loaf and drop pieces on top. Let rise until doubled. Bake at 350° for 30 minutes.

Serves 16. Credit for bread at snack or breakfast

Menu: Cinnamon Pull-Aparts
Peaches

Lunch/Supper

Bow Lasagna

- 1 (16 oz) pkg bow noodles
- 1 (28 oz) jar spaghetti
- 1 lb hamburger
- 1 (22 oz) container cottage cheese
- 2 C Mozzarella cheese, shredded

Cook noodles as directed. Brown hamburger and drain. Combine noodles, hamburger and spaghetti sauce in large bowl. In a small bowl, combine cottage cheese and mozzarella cheese. Layer meat mixture, then 1/2 of cheese, second layer of meat mixture and remainder of cheese. Bake at 350° for 30 minutes. Cover with foil for first 20 minutes, then remove for remainder of baking time. Serves 16. Credit as meat and grain.

Menu: Bow Lasagna
Green Beans
Cantaloupe
Milk

Broccoli Cheese Soup

- 6 C fresh broccoli
- 3 C water
- 1 1/2 t cornstarch
- 2 T chicken bullion
- 3/4 C milk
- 1 lb American cheese

Cut broccoli into pieces and place in large saucepan. Add 3 C water and cook until tender, do not drain. Add chicken bullion. Combine cornstarch with 1/4 C milk, add to broccoli. Melt American cheese with 1/2 C milk in the microwave. Stir melted cheese into broccoli mixture. Serves 10. Credit as meat and vegetable.

Menu: Broccoli Cheese Soup
Fruit Kabobs
French Bread
Milk

HM Chicken Nuggets

2 chicken breasts, skinless
1/2 C milk or butter milk
1 C bread crumbs
1/3 Parmesan cheese, grated

Cut chicken into pieces or strips. Mix bread crumbs and cheese together. Dip chicken in to the milk and then the bread crumbs, cheese mixture. Place on a baking pan. Bake at 450° for 9 minutes. Serves 4. Credit as meat.

Menu: HM Chicken Nuggets
Sweet Potato Wedges
Pear
Brown Rice
Milk

Hamburger Crouton Hotdish

1 1/2 lb hamburger
1 can cream of celery soup
1 can cream of mushroom soup
1/2 C onion, chopped
1 (7 oz) stuffing mix, dry

1/4 C butter
1/4 C celery

Place hamburger and stuffing in bottom of baking pan. In sauce pan, mix butter, celery, onion and water; Heat until butter melts. Blend soups and pour over top of hamburger mixture. Bake at 350° for 75 minutes. Let stand for 15 minutes before serving. Serves 8. Credit as meat and grain.

Menu: Hamburger Crouton Hotdish
Cole Slaw
Cooked Carrots
Milk

Mini Turkey Loaves

1 lb ground turkey
1/2 onion, small, chopped
2 t Dijon-style mustard
1 t dried rosemary leaves, crushed
1/8 t pepper
1 small apple, chopped
1/2 C rolled oats
1 t salt

Grease 12 muffin cups. Combine all ingredients. Press into prepared muffin cups. Bake at 350° for 20 minutes.

Serves 7. Credit as meat.

Menu: Mini Turkey Loaves
Apple Slices
Mixed Vegetables
Whole Wheat Bread

Parmesan Chicken & Noodles

2 lb chicken breasts, , skinless, cooked and cubed

1/2 stick margarine or butter

3 C noodles, cooked

2/3 C Parmesan cheese, grated

Combine all ingredients and heat over medium heat, stirring continually until hot. Serves 12. Credit as meat and bread.

Menu : Parmesan Chicken & Noodles

Carrots

Kiwi

Milk

Chicken Quesadillas

6 (8") flour or whole wheat tortillas

6 oz cooked chicken, beef or black beans

4 oz shredded Co jack cheese

Warm tortillas in the microwave to soften. Sprinkle cheese and meat on half of the tortilla and fold over. Place in fry pan and cook for 1 minute, flip and cook until cheese melts. You can also grill the tortillas. Cut in half and serve.

Serves 6. Credit as meat and grain.

Menu: Quesadillas

Sugar Snap Peas

Grapes

Milk

Black Bean & Chicken Tacos

1 T canola or vegetable oil
1 T lime juice
2 t chili powder
1/8 t salt
2 chicken breasts, boneless, skinless
1 can(15 1/2 oz) black beans, drained, rinsed
1/3 C chunky-style salsa
2 T chopped fresh cilantro (optional)
8 soft corn or flour tortillas, 6 inch, warmed
1/4 C shredded cheddar cheese
2 t sour cream

In a shallow bowl mix the first 4 ingredients. Add the chicken breasts, turning to coat. Bake at 350° for 30 minutes or grill for 12 minutes, turning once. Remove from heat, slice into strips. Heat beans, salsa and cilantro together in microwave. Stir. Place chicken on tortillas, top with beans, cheese and sour cream. Fold each tortilla in half over filling. Serves 8. Creditable for meat, bread and vegetable.

Menu: Black Bean & Chicken Tacos

Strawberries
Tortillas
Milk

Easy Pasta Bake

1 lb ground beef
1 (15 oz) can spaghetti sauce
1 C Mozzarella cheese, shredded
1/2 C Parmesan cheese
3 C pasta, cooked

Brown hamburger, drain. Add cooked pasta, spaghetti sauce and Parmesan cheese. Place in casserole. Top with Mozzarella cheese. Cover and bake for 15 minutes. Uncover and bake 10 minutes. Serves 12. Credit at meat and grain.

Menu: Easy Pasta Bake

Peach slices
Asparagus
Noodles
Milk