



# 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	Cinnamon Oatmeal	WG Cereal
Extra			
<b>LUNCH/SUPPER:</b>			
	<b>Sloppy Joes</b>	<b>Loaded Nachos</b>	<b>Tuna Melt</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	Pinto Beans	Carrots & Celery w/ Ranch
Grain	WG Bun	Tortilla Chips	English Muffin
Meat/Meat Alternate	Ground Beef	Ground Beef/Shredded Cheese	Shredded Cheese
Extra	Sloppy Joe Sauce	Sour Cream/Salsa	
<b>SNACK: Select two of the five components</b>			
Milk	Water	Water	Water
Fruit	Apple		
Vegetable		Carrots w/ Ranch	
Grain			WG Crackers
Meat/Meat Alternate	Peanut Butter	Hard Boiled Egg	Cheese Stick
Extra			
WG = Whole Grain			

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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	Cinnamon Toast	WG Cereal
Extra		
<b>LUNCH/SUPPER:</b>		
	<b>Chicken and Broccoli Mac N Cheese</b>	<b>Shepards Pie</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	Broccoli	Peas and Carrots/Mashed Potatoes
Grain	Mac N Cheese	Dinner Roll
Meat/Meat Alternate	Chicken	Ground Beef
Extra		
<b>SNACK: <i>Select two of the</i></b>		
Milk	Water	Water
Fruit	Fruit of Choice	
Vegetable		
Grain		WG Crackers
Meat/Meat Alternate	Yogurt	Peanut Butter
<i>WG = Whole Grain</i>		

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



## 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.



## Loaded Nachos

(Serves 4)

### INGREDIENTS

- 2 tsp. olive oil
- 3/4lb Chicken or Beef
- 1 small onion, chopped
- 1 (15-ounce) can Black Beans, rinsed
- 8 oz. Tortilla chips

10 oz. sharp Cheddar or pepper Jack cheese, grated (about 2.5 cups)

1/2 small head iceberg lettuce, shredded

3/4 Cup Fresh salsa

### DIRECTIONS

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Heat oil in a large skillet over medium heat. Add chicken or beef, onion, and cook, breaking meat into pieces with a wooden spoon, until browned, 6 to 8 minutes. Stir in beans and cook until warm, 2 to 4 minutes.
3. Spread chips on prepared pan. Spoon chorizo mixture over chips and sprinkle with cheese. Bake until the cheese is melted and chips are toasted, 10 to 12 minutes.
4. Serve topped with lettuce, salsa (optional jalapeños, and sour cream).



## **Tuna Melt**

(Serves 4)

### INGREDIENTS

- 1 (6.4 oz.) Pouch or 2 (2.6 oz.) Pouches or 2 (5 oz.) Cans - Chunk Light or Albacore White Tuna (if using cans, chunked and drained)
- 2 Tbsp. chopped onions
- 2 Tbsp. mayonnaise
- 1 Tbsp. finely chopped celery or pickle relish
- 4 Gluten Free English Muffins/Bread
- 4 slices cheese (cheddar, American, pepper jack or mozzarella)

### DIRECTIONS

1. In a medium bowl, combine tuna, mayonnaise, onion and celery; mix well.
  2. Toast choice of gluten free bread in oven until golden brown.
  3. Spread tuna mixture over each half of bread and top with a half slice of cheese each.
  4. Return to oven until cheese is melted.
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## **CHICKEN AND BROCCOLI MAC N CHEESE**

(Serves 4)

### INGREDIENTS

- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 cup each milk and water
- 1 pkg (14 oz.) macaroni and cheese
- 1 pkg (10 oz.) frozen broccoli florets, thawed

### DIRECTIONS

1. Cook and stir chicken in large nonstick skillet on medium heat 8 to 10 minutes or until done.
2. Add milk, water and macaroni; stir. Bring to boil; cover. Simmer on medium-low heat 8 to 10 minutes or until macaroni is tender, stirring occasionally.
3. Stir in cheese sauce and broccoli; cook and stir 5 minutes or until heated through.



## SHEPHERD'S PIE

(Serves 6)

### INGREDIENTS

- 1 lb. lean ground turkey
- 4 cups frozen peas and carrots
- 1 cup beef gravy
- 2 cups prepared frozen mashed potatoes
- 4 oz. (1/2 of 8 oz. pkg.) cream cheese, cubed
- 2 cloves garlic, minced
- 1 cup shredded cheese, divided

### DIRECTIONS

1. Heat oven to 375°F.
  2. Brown meat in large skillet; drain. Return meat to skillet. Add peas and carrots and gravy; mix well.
  3. Spoon into 9-inch square baking dish sprayed with cooking spray.
  4. Mix potatoes, cream cheese, garlic and ½ cup cheddar until blended; spoon over meat mixture. Sprinkle with remaining cheddar.
  5. Bake 20 minutes or until heated through
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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



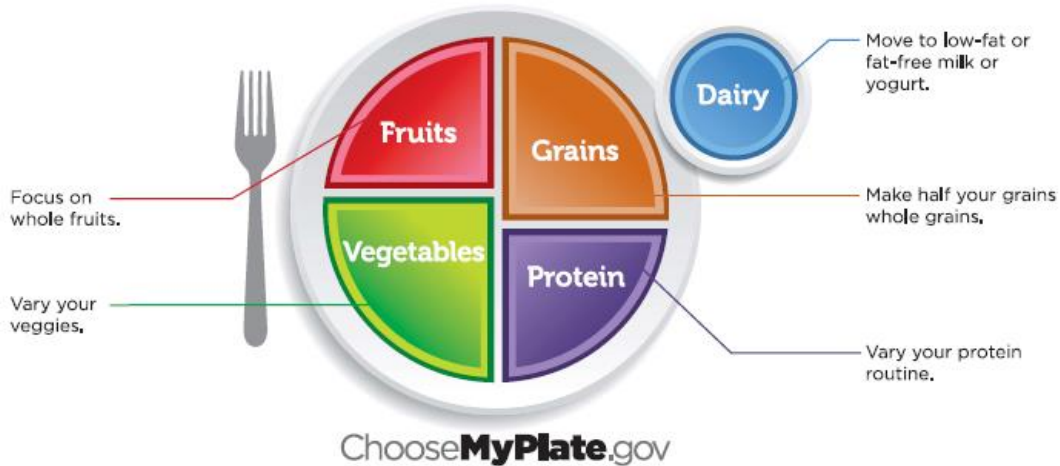
## Figure 1-1. Cup- & Ounce-Equivalents

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 <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>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><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>			