Planning Menus

Tips...

- Start with the evening meal.
- Choose main dishes first and then add other foods.
- Plan to use items that are store specials for the week.
- Next, plan lunch.
- Again choose main dishes first and then add other foods.
- Leftover foods from other meals can be used at lunch time.
- Now decide what to have for breakfast.
- Focus on having healthier breakfasts.
- Add in snacks (if needed) to complete the menu.
- Make the menu one that you can follow.

Sample Menu

Breakfast
Strawberry Pancakes (see recipe on next page)
Syrup
Milk (1%)

Lunch
Turkey sandwich
with lettuce and tomato
Fat-free pretzels
Carrot sticks
Fat-free yogurt
V-8 vegetable juice

Dinner
Spaghetti
with meat sauce
Garlic bread
Green beans
Pears
Milk (1%)

Snack
Graham crackers
Applesauce

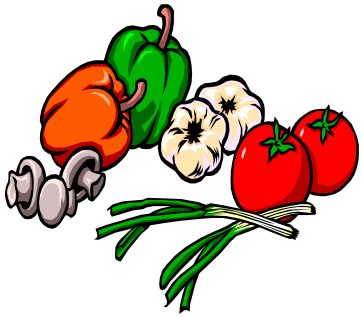
Your Menu

Breakfast

Lunch

Dinner

Snack



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State of Utah
DEPARTMENT OF WORKFORCE SERVICES

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March

Strawberry Pancakes
3/4 cup flour
3/4 cup cornmeal
1 tsp baking soda
1 tbsp sugar
2 cups soured milk (see directions below on how to make soured milk)
2 eggs
1 1/2 cup chopped fresh ***or*** thawed frozen strawberries

1. Mix flour, cornmeal, sugar, & baking soda in a bowl.
2. Stir in soured milk & eggs. Mix thoroughly.
3. Fold in strawberries.
4. Heat a nonstick skillet & spoon out 1/4 cup batter for each pancake.
5. Cook until bubbles appear & edges begin to become dry.
6. Then flip over & cook until second side is lightly browned, about 4 minutes.
7. Serve hot. Makes 4 servings.

** For each cup of soured milk needed, put 1 tbsp of lemon juice or vinegar in the bottom of a measuring cup. Then add regular milk until there is a cup of liquid.

NEP
Nutrition Education Program for Families

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Choose meals that are easy to prepare.
					Use WIC, commodity, or food pantry food in menus.	
Include fruits and vegetables kids like to eat on menus.			Plan to use leftovers on busy days			
	Compare menus to the Food Guide Pyramid.			Stretch meat by adding grains or pasta to the recipe.		
		Remember to plan for foods that can be used in brown-bag lunches (bread, apples, grapes, carrots, peanut butter, jelly).				

Recipe from http://www.kitchenlink.com/cgi/public_frames?page=ch/bow/051499/500more3