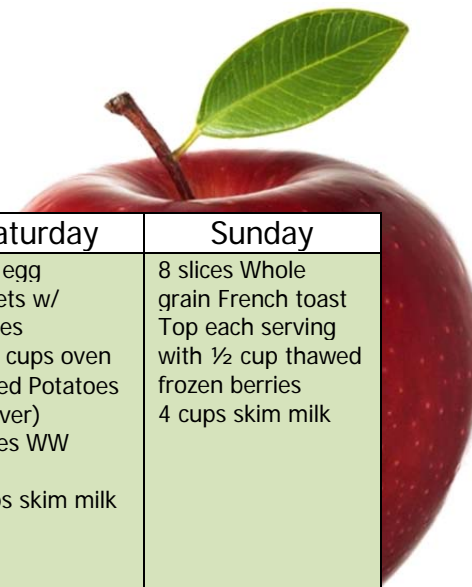


Eating Healthy doesn't have to be expensive!

Sample Menu for a Family of Four

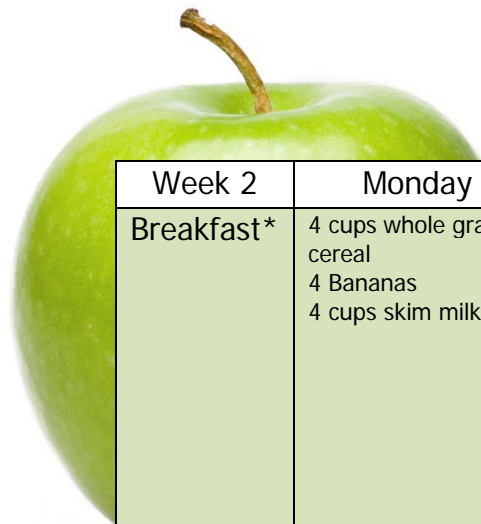


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast*	4 cups whole grain cereal 4 Bananas 4 cups skim milk	4 cups oatmeal (made with skim milk) 2 WW English muffins (½ each) (4) ¼ cups raisins 2 cups orange juice (½ cup each)	Egg Sandwiches: 4 eggs, 4 oz cheese on 4 WW English Muffins 2 cups orange juice (½ cup each)	4 cups whole grain cereal 4 Bananas 4 cups skim milk	4 cups oatmeal (4) ¼ cups raisins 4 cups skim milk	(4) 2 egg omelets w/ veggies (4) ½ cups oven roasted Potatoes (leftover) 4 slices WW toast 4 cups skim milk	8 slices Whole grain French toast Top each serving with ½ cup thawed frozen berries 4 cups skim milk
Lunch*	1 cup Tuna Salad on WW bread (1/4 cup per sandwich) 4 cups cut carrots (4) 4-8 oz servings non-fat yogurt 4 cups fruit (fresh or canned)	4 Peanut butter sandwiches on WW bread 4 cups fruit (fresh or canned) 4 cups skim milk	Homemade chicken salad (¼ cup each) 20 whole grain crackers (5 each) 2 cups carrots 4 cups fruit (fresh or canned)	Homemade egg salad sandwiches on WW bread (¼ cup egg salad) (4) 4-8 oz servings NF yogurt 4 cups fruit (fresh or canned)	4 cups Bean and Pasta salad (w/ veggies) 6-8 oz non-fat yogurt 1 cup fruit (fresh or canned)	English muffin pizzas: 4 WW English Muffins, 1 cup sauce, 1 cup cheese 4 cups salad 4 cups fruit (fresh or canned)	4 Turkey Burgers on rolls w/ 1 oz cheese each 4 cup carrots 4 cups fruit (fresh or canned)
Dinner	Turkey Chili Recipe: serves 4 Cornbread (2" pieces) 2 cups unsweetened applesauce 4 cups skim milk	4 Grilled Chicken salads w/ 2 cups greens each 4 slices WW bread 4 cups skim milk	1 pound Pork Tenderloin 3-4 oz servings) 4 Baked Potatoes 4 cups steamed broccoli 4 slices WW bread 4 cups skim milk	4 cups WW pasta w/ 2 cups sauce 4 cups Salad 4 slices WW garlic toast 4 cups skim milk	Pulled Pork Sandwich on roll ½ cup oven roasted potatoes 1 cup cooked carrots 1 cup skim milk	1 pound grilled chicken (3-4 oz each) 4 cups steamed broccoli 4 cups WW pasta 2 cups applesauce 4 cups skim milk	1 pound grilled Salmon (3-4 oz each) 4 cups brown rice 4 cups green beans 4 cups salad
Snack(s)	20 whole grain crackers (5 each) 4 cups cut veggies and 4 tbsp dressing	4 cups cut veggies and 4 tbsp light dressing	(4) 4-8 oz servings non-fat yogurt 2 cups frozen berries	4 cups cut veggies and 4 tbsp light dressing	Apple slices with 1 Tbsp peanut butter	12 cups popped popcorn (air-popped or light)	Smoothies made with 2 cups milk, 2 cups yogurt, and 2 cups fruit and ice

*Children of families who meet certain income guidelines may be eligible for free or reduced school lunches. Check with your child's school. Younger children may need smaller servings than examples given.

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Sample Menu for a Family of Four



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast*	4 cups whole grain cereal 4 Bananas 4 cups skim milk	4 cups oatmeal (made with skim milk) (4) ¼ cups raisins 4 WW English muffins 2 cups orange juice (½ cup each)	4 WW English Muffins w/ 1 tbsp peanut butter each (4) 4-8 oz servings NF yogurt 2 cups orange juice (½ cup each)	(4) 2 egg omelets w/ veggies 2 cups potatoes (½ cup each) 4 cups skim milk	4 cups oatmeal (4) ¼ cups raisins 2 cups orange juice (½ cup each)	4 cups whole grain cereal 4 Bananas 4 cups skim milk	4 eggs scrambled 4 WW English Muffins 2 cups orange juice (½ cup each)
Lunch*	1 cup Tuna Salad on WW bread (1/4 cup per sandwich) 4 cups cut carrots (4) 4-8 oz servings non-fat yogurt 4 cups fruit (fresh or canned)	8 cups salad each topped with 2oz taco meat, 2 Tbsp beans, 2 Tbsp corn & 1 oz cheese 5 whole grain crackers	Homemade egg salad sandwiches on WW bread (¼ cup egg salad) 4 cups fruit (fresh or can) 4 cups skim milk	4 cups Bean and Pasta salad (w/ veggies) 4 oz cheese 4 cups fruit (fresh or canned)	4 Peanut butter sandwiches on WW bread 4 cups cut carrots 4 cups skim milk	4 Chicken and cheese quesadillas (2 WW tortillas each) 2 cups corn 4 cups fruit (fresh or canned)	4 Baked Potatoes topped w/ 1/2 cup broccoli, 1 oz cheese each 5 whole grain crackers 1 cup fruit (fresh or canned)
Dinner	Turkey soft tacos on WW tortillas (2 each) Shredded lettuce 4 oz cheese 2 cups brown rice with 1 cup beans 8 cups salad	1 pound grilled fish (3-4 oz each) 4 Baked Potatoes 4 cups steamed Broccoli 4 cups salad 4 sl. WW bread 4 cups skim milk	4 cups WW pasta w/ 2 cups sauce 4 cups cooked green beans 4 cups fruit (fresh or canned) 4 cups skim milk	Chicken Stir-Fry Recipe (serves 4) 4 cups brown rice 4 cups salad 4 cups skim milk	Pizza Turkey Loaf 4 sl. WW garlic toast 4 cups steamed broccoli 2 cups applesauce 4 cups salad	Beef Pot Roast Recipe (makes 8 servings) 4 baked potatoes 4 cups cooked green beans 4 slices WW bread 4 cups skim milk	Leftover Pot Roast sandwiches on WW bread 4 cups cooked carrots 4 cups skim milk
Snack(s)	(4) 4-8 oz servings non-fat yogurt	4 apples sliced with 1 Tbsp peanut butter each	4 cups cut veggies w/ 4 tbsp light dressing	4 cups fruit (fresh or can)	4 yogurt parfaits: 2 cups NF yogurt, 2 cups fruit, 2 cups cereal	12 cups popped popcorn (air-popped or light)	Smoothies made with 2 cups milk, 2 cups yogurt, and 2 cups fruit and ice

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