<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Peanut Butter Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp peanut butter ¼ cup raisins Beverage: 1 cup orange juice</td>
<td>Cereal with Fruit: 1 cup toasted oat cereal 1 medium banana ¼ cup lowfat milk 1 hard-cooked egg Beverage: Water, coffee, tea</td>
<td>Scrambled Eggs: 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 2 turkey sausage links 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly Beverage: 1 cup apple juice</td>
<td>Banana Walnut Oatmeal 1 large orange Beverage: 1 cup lowfat milk</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Tuna-Cucumber Wrap: 1 8” flour tortilla 3 oz tuna (canned in water) 2 Tbsp mayonnaise 5 cucumber sticks ¾ cup lowfat vanilla yogurt Beverage: 1 cup lowfat milk</td>
<td>Green Salad with Honey Lemon Chicken: 1 cup romaine lettuce 3 oz sliced Honey Lemon Chicken* 3 slices tomato 5 slices cucumber 2 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</td>
<td>One Pan Spaghetti* Side Salad: 1 cup romaine lettuce 3 medium slices tomato 5 slices cucumber 1 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</td>
<td>Green Salad with Tuna: 1 cup romaine lettuce 3 oz tuna (canned in water) ¾ cup sliced carrots 2 Tbsp vinaigrette dressing** 1 slices whole-wheat bread 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Honey Lemon Chicken* Brown Rice Pilaf 1 cup peas and corn: ½ cup corn (frozen) ½ cup green peas (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</td>
<td>One Pan Spaghetti* (includes ground beef and tomato sauce) ½ cup steamed broccoli (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk</td>
<td>Polenta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</td>
<td>Marinated Beef Mashed potatoes: 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine 1 cup mixed vegetables (frozen) 1 tsp tub margarine Beverage: Water, coffee, tea</td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td>Carrot Sticks with Dip: ½ cup carrot sticks 2 Tbsp hummus 6 whole-grain crackers</td>
<td>Popcorn (3 cups popped) 2 Tbsp kernels 1 tsp vegetable oil 1 large orange</td>
<td>Pretzels and Dip ½ cup pretzels 1 Tbsp hummus 1 medium banana</td>
<td>Banana Bread* ½ tsp tub margarine 1 cup grapes</td>
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</tbody>
</table>
## SAMPLE 2-WEEK MENUS

<table>
<thead>
<tr>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
<th>DAY 8</th>
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</thead>
</table>
| **BREAKFAST** | **Scrambled Tofu Burrito** | **Fantastic French Toast** | **Raisin Oatmeal:**  
Open-faced Egg and Tomato on an English Muffin  
- 2 eggs, fried in 1 tsp oil  
- 1 English muffin, toasted  
- 2 medium slices tomato  
- ¼ cup cheddar cheese, shredded  
Beverage: 1 cup apple juice  
| 1 serving Scrambled Tofu  
- 1 8” flour tortilla  
- ¼ cup black beans (canned)  
- 2 Tbsp salsa  
Beverage: 1 cup lowfat milk  
| 1 Tbsp pancake syrup  
1 tsp tub margarine  
Dash of cinnamon (optional)  
1 medium banana  
Beverage: 1 cup orange juice  
| 1 cup cooked oatmeal  
1 Tbsp raisins  
1 medium banana  
1 Tbsp peanut butter  
Beverage: 1 cup lowfat milk  |
| **LUNCH** | **Crunchy Chicken Salad Sandwich:**  
- 2 slices whole-wheat bread  
- ¼ cup Crunchy Chicken Salad  
- 1 romaine lettuce leaf  
- ½ cup carrot sticks  
- 1 Tbsp Ranch dressing  
- 1 large orange  
Beverage: 1 cup lowfat milk  
| **Lentil Stew***  
1 cup brown rice  
1 slice whole-wheat bread  
½ tsp tub margarine  
Beverage: 1 cup lowfat milk  
| **Tuna Sandwich:**  
- 2 slices whole-wheat bread  
- 3 oz tuna (canned in water)  
- 2 Tbsp mayonnaise  
- 2 medium slices tomato  
- 1 romaine lettuce leaf  
- 10 cucumber slices  
- 1 Tbsp Ranch dressing  
Beverage: 1 cup lowfat milk  |
| **DINNER** | **Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions**  
- 1 cup green beans (frozen)  
- 1 white roll  
- 1 tsp tub margarine  
Beverage: Water, coffee, tea  
| **Lentil Stew***  
1 cup brown rice  
½ cup broccoli (frozen)  
½ tsp tub margarine  
½ cup canned pears  
Beverage: Water, coffee, tea  
| **Red Hot Fusilli Pasta**  
- 2 Tbsp shredded Parmesan cheese  
- ½ cup green peas (frozen)  
- ½ tsp tub margarine  
- 1 white roll  
- 1 tsp tub margarine  
Beverage: Water, coffee, tea  |
| **SNACKS** | **Yogurt Parfait:**  
- ¼ cup lowfat vanilla yogurt  
- ¼ cup toasted oat cereal  
- 1 Tbsp chopped nuts  
- 1 Tbsp raisins  
| **Banana Bread***  
- ½ tsp tub margarine  
- 1 cup lowfat milk  
| 1 large orange  
2 graham crackers  
1 cup lowfat milk  |

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* assumes use of 1 cup lowfat milk if incapacitated

** vinaigrette dressing is lowfat

*** assumes use of 1 cup lowfat milk if incapacitated
<table>
<thead>
<tr>
<th>DAY 9</th>
<th>DAY 10</th>
<th>DAY 11</th>
<th>DAY 12</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
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<td><strong>BREAKFAST</strong></td>
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<tr>
<td>Sausage Omelet:</td>
<td>Cold Cereal:</td>
<td>Breakfast Burrito with Salsa</td>
<td>1 cup toasted oat cereal</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 cup toasted oat cereal</td>
<td>1 slice whole-wheat toast</td>
<td>½ cup lowfat milk</td>
</tr>
<tr>
<td>2 Tbsp lowfat milk</td>
<td>1 medium banana</td>
<td>½ tsp tub margarine</td>
<td>½ cup lowfat milk</td>
</tr>
<tr>
<td>1 tsp vegetable oil</td>
<td>¼ cup lowfat milk</td>
<td>1 tsp jelly</td>
<td>Scrambled Egg with Salsa:</td>
</tr>
<tr>
<td>1 turkey sausage link, diced</td>
<td>1 slice whole-wheat toast</td>
<td>Beverage: 1 cup apple juice</td>
<td>1 egg</td>
</tr>
<tr>
<td>½ cup hash brown potatoes (frozen)</td>
<td>1 Tbsp peanut butter</td>
<td></td>
<td>1 Tbsp lowfat milk</td>
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<tr>
<td><em>Cooked in 1 tsp vegetable oil</em></td>
<td>Beverage: Water, coffee, tea</td>
<td></td>
<td>½ tsp vegetable oil</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 Tbsp salsa</td>
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<td></td>
<td></td>
<td></td>
<td>Beverage: 1 cup apple juice</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
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<tr>
<td>Peanut Butter and Jelly Sandwich:</td>
<td>Green Salad with Salmon:</td>
<td>Roast Beef Sandwich:</td>
<td>White Chili*</td>
</tr>
<tr>
<td>2 slices whole-wheat bread</td>
<td>1 cup romaine lettuce</td>
<td>2 slices whole-wheat bread</td>
<td>Side Salad:</td>
</tr>
<tr>
<td>2 Tbsp peanut butter</td>
<td>3 oz salmon (canned)</td>
<td>2 oz lean roast beef (deli meat)</td>
<td>¾ cup romaine lettuce</td>
</tr>
<tr>
<td>2 tsp jelly</td>
<td>2 medium slices tomato</td>
<td>2 slices tomato</td>
<td>½ cup chopped carrot</td>
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<tr>
<td>1 cup sliced apple</td>
<td>4 slices cucumber</td>
<td>1 romaine lettuce leaf</td>
<td>1 Tbsp vinaigrette dressing**</td>
</tr>
<tr>
<td>½ cup carrot sticks</td>
<td>2 Tbsp vinaigrette dressing**</td>
<td>1 Tbsp mayonnaise</td>
<td>1 slice whole-wheat bread</td>
</tr>
<tr>
<td>1 Tbsp Ranch dressing</td>
<td>6 whole-grain crackers</td>
<td>½ cup carrot sticks</td>
<td>½ tsp tub margarine</td>
</tr>
<tr>
<td>Beverage: 1 cup lowfat milk</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>1 cup sliced apple</td>
<td>Beverage: 1 cup lowfat milk</td>
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<tr>
<td></td>
<td></td>
<td>1 Tbsp peanut butter</td>
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<td></td>
<td></td>
<td>Beverage: Water, coffee, tea</td>
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<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
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<tr>
<td>Quick Tuna Casserole</td>
<td>Honey Mustard Pork Chops</td>
<td>White Chili*</td>
<td>Misickquatash (Indian Succotash with ground beef)</td>
</tr>
<tr>
<td>½ cup green beans (frozen)</td>
<td>1 medium baked potato</td>
<td>Herbed Vegetables</td>
<td>Mashed potatoes:</td>
</tr>
<tr>
<td>½ tsp tub margarine</td>
<td>1 tsp tub margarine</td>
<td>1 small sweet potato, baked</td>
<td>1 cup cooked potatoes</td>
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<tr>
<td>1 white roll</td>
<td>½ cup shredded green cabbage</td>
<td>½ tsp tub margarine</td>
<td>1 Tbsp lowfat milk</td>
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<tr>
<td>1 tsp tub margarine</td>
<td><em>Sauteed in ½ tsp vegetable oil</em></td>
<td></td>
<td>2 tsp tub margarine</td>
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<tr>
<td>Apple Cinnamon Bar*</td>
<td>1 white roll</td>
<td></td>
<td>1 slice whole-wheat bread</td>
</tr>
<tr>
<td>Beverage: Water, coffee, tea</td>
<td>1 tsp tub margarine</td>
<td></td>
<td>½ tsp tub margarine</td>
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<tr>
<td></td>
<td>2 Applesauce Cookies*</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>Beverage: 1 cup lowfat milk</td>
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<td></td>
<td>Beverage: Water, coffee, tea</td>
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<tr>
<td><strong>SNACKS</strong></td>
<td><strong>SNACKS</strong></td>
<td><strong>SNACKS</strong></td>
<td><strong>SNACKS</strong></td>
</tr>
<tr>
<td>Peanut Butter on Banana:</td>
<td>2 graham crackers</td>
<td>Apple Cinnamon Bar*</td>
<td>2 Applesauce Cookies*</td>
</tr>
<tr>
<td>1 medium banana</td>
<td>1 cup lowfat milk</td>
<td>1 cup lowfat milk</td>
<td>½ cup canned pineapple chunks</td>
</tr>
<tr>
<td>1 Tbsp peanut butter</td>
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### DAY 13

**BREAKFAST**
- Banana Walnut Oatmeal
  - 1 hard-boiled egg
  - Beverage: 1 cup orange juice

**LUNCH**
- Tofu Salad
  - Sandwich:
    - 2 slices whole-wheat bread
    - ¾ cup Tofu Salad
    - 2 slices tomato
    - 1 romaine lettuce leaf
    - ½ cup carrot sticks
    - 1 Tbsp Ranch dressing
  - Apple Cinnamon Bar*
  - Beverage: 1 cup lowfat milk

**DINNER**
- Easy Red Beans and Rice*
  - ¼ cup cheddar cheese, shredded

**SNACKS**
- Yogurt Parfait:
  - ¼ cup lowfat vanilla yogurt
  - ¼ cup toasted oat cereal
  - 1 Tbsp chopped nuts
  - 1 Tbsp raisins

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### DAY 14

**BREAKFAST**
- Perfect Pumpkin Pancakes
  - 2 Tbsp pancake syrup
  - 1 turkey sausage link
  - 1 medium banana
  - Beverage: 1 cup apple juice

**LUNCH**
- Easy Red Beans and Rice*
  - ¼ cup cheddar cheese, shredded

**DINNER**
- Lemon Spinach
  - 1 large orange

**SNACKS**
- Popcorn (3 cups popped)
  - 2 Tbsp kernels
  - 1 tsp vegetable oil
  - Yogurt Pop

* Bolded recipes are from *What’s Cooking? USDA Mixing Bowl*, and those with a star make 8 or more servings. These recipes are used two or more times in these menus. Prepare the entire recipe on the first day it appears and eat the remaining portions as noted on the following days.

**Homemade vinaigrette salad dressing. To make about 4 Tbsp of the dressing, mix:**
- 3 Tbsp vegetable oil (canola, olive, soybean, etc.)
- 1 Tbsp vinegar (cider, wine, or balsamic)
- ¼ tsp mustard (yellow, Dijon, or brown)
- ¼ tsp sugar
  - Optional: black pepper, dried herbs to taste

Notes:
- Italicized foods are part of the dish or food that precedes it.
- Unless indicated, all beverages are unsweetened.
- To keep sodium amounts within recommended limit, use salt only as specified in recipes, not in cooking other foods or at the table.
- Be sure to follow food safety guidelines when preparing and cooking food. Tips for keeping food safe can be found at [www.foodsafety.gov](http://www.foodsafety.gov).