

Meal Ideas

Breakfast

Entrees

- Casserole
- Breakfast Wraps
- French Toast
- Pancakes
- Waffles
- Breakfast Quiche
- Breakfast Pizza
- Biscuits & Gravy
- Crepes

Starches

- Fried Potatoes
- Hash browns
- Roasted Potatoes
- Oatmeal
- Cream of Wheat
- Quinoa

Vegetables

- Breakfast Salad
- Salsa
- Avocados
- Spinach
- Tomatoes
- Kale
- Butternut Squash

Fruits

- Fresh Fruit
- Fruit smoothies
- Fruit Parfaits

Bread/Rolls

- English Muffins
- Croissants
- Coffeecake
- Toast
- Muffins
- Danish
- Banana bread
- Bagels
- Scone
- Cinnamon Rolls

Dinner

Entrees

Sandwiches

- Cold cuts
- Pulled pork
- Grilled cheese
- Sloppy joes
- Meatball subs
- Philly cheese steak

Soups

- Chili
- Potato
- Ham & Bean
- Chicken Noodle

On the Grill:

- Hamburgers
- Hotdogs
- Brats
- Ribs

Other

- Stir-fry
- Stuffed Peppers
- Fajitas
- Casseroles
- Tacos

Starch

Potatoes

- Twice Baked
- Roasted
- Baked
- Potato Salad
- Au Gratin
- Scalloped
- Mashed

Rice

- Steamed
- Fried

Pasta Salad

Dinner (cont.)

Vegetable/Green Salad

- Served raw, steamed, grilled, cheese covered, sautéed, baked, broiled, stewed
- Caesar, Argula, Kale, Mixed Greens, Spinach
- Cole Slaw
- Collard, Mustard, or Turnip Greens
- Beans

Fruits

- Served raw, baked, roasted, grilled, sautéed
- Fruit Kabobs
- Fruit Salad

Bread/Rolls

- Tortillas
- Garlic Bread
- Muffins
- Croissants
- Pretzels
- Focaccia
- Baguette
- Biscuits
- Breadsticks
- Cornbread
- Pita Bread
- Roti Bread
- Texas Toast
- Cornbread

Desert

- Fruit Pizza
- Cookies
- Cakes/Cupcakes
- Brownies
- Bars (Rice Krispies, Lemon)
- Tarts
- Pies
- Ice Cream
- Root Beer Floats
- Strawberry Shortcake