








Recipe Ideas

Here are some ideas to create with ingredients for May 3, 2021.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p>Chicken Bites & Mashed Potatoes Corn on the Cob Honey Glazed Carrots Mixed Berry Spinach Salad Milk</p> 	<p>Ham, Cheese, & Spinach Quiche Strawberries Blueberries Milk</p> 	<p>Ham & Cheese Sliders Grapes Orange Slices Sliced bell pepper & cucumber w/ ranch dressing Milk</p> 	<p>Mini Chicken Sandwiches Honey to dip Strawberries Apple slices & fruit dip Cucumber & carrot slices Milk</p> 	<p>French Toast with Berries Vanilla Greek yogurt Blueberries Milk</p> 	<p>Chicken & Vegetable Pad Thai Noodles Apple slices Milk</p> 	<p>Egg, Ham & Cheese Sandwiches Orange slices Strawberries Milk</p> 
Snack	Snack	Snack	Snack	Snack	Snack	Snack
<p>Misc. grain snack Milk</p>	<p>English/ Spanish educational cookies Milk</p>	<p>Heartzel pretzels Vanilla Greek yogurt Blueberries</p>	<p>Savory herb bites Cheese slices Grapes</p>	<p>Carrot sticks Sliced bell pepper Ranch dressing Wheat thins crackers</p>	<p>Simply Chex Strawberry Mix Apple slices + fruit dip</p>	<p>Scooby Doo grams Apple slices + fruit dip Milk</p>

Instructions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<p>Chicken Bites Mashed potatoes Corn on the cob Honey glazed carrots recipe here</p> <p>Other side options: Spinach Berry Salad recipe here Milk</p>	<p>Ham, Cheese, & Spinach Quiche Click for recipe here * add 1 c spinach in step 4 if desired. Alternate: saute 1/3 c bell pepper, finally chopped, with onion, then set aside and add to mixture in step 4. Orange slices Blueberries</p> <p>Milk</p>	<p>Ham & Cheese Sliders Recipe here</p> <p>Suggested sides: Grapes Sliced bell pepper & Cucumber w/ ranch dressing</p>	<p>Mini Chicken Sandwiches Serve heated chicken bites on 1/2 Hawaiian roll (it looks like a mini sandwich) Honey can be served on the side for dipping. A light layer of butter can be spread on the inside of each roll to add moisture if desired. Source of image: here</p> <p>Side ideas: Apple slices & fruit dip For fruit dip, combine 1 c vanilla greek yogurt + 8 oz</p>	<p>French Toast with Berries Click here for recipe!</p> <p>Side ideas: Blueberries, bananas, strawberries, raspberries, peanut butter, honey, light whipped cream</p> <p>Milk</p>	<p>Chicken & Vegetable Pad Thai Noodles Recipe here *great way to use bell pepper & add color to your plate.</p> <p>Apple slices Milk</p>	<p>Egg, Ham & Cheese Breakfast Sandwiches Recipe here</p> <p>Orange slices Strawberries Milk</p>

			container cool whip. Optional: Add 1 TB orange juice or 1 teaspoon lemon juice Other side ideas: Strawberries Cucumber & carrot slices Milk			
Snack	Snack	Snack	Snack	Snack	Snack	Snack
					See fruit dip recipe for Thursday Dinner	See fruit dip recipe for Thursday Dinner

Additional Ideas:

Other ideas for meals with Hawaiian dinner rolls: [here](#)

Have extra peppers? Try stuffed bell peppers [here](#) .

If you have leftover corn on the cob, it is delicious reheated if you cut it off the cob. For best results, cut it off the cob with a knife and place in a glass storage container or other leftover container with butter and a little salt and pepper on top. Cover with plastic wrap and reheat in the microwave.