



# PANTRY PLATES

A BUDGET-FRIENDLY COOKBOOK

BY THE SOS FOUNDATION





In a world where the struggle against hunger is a daily reality, this cookbook speaks to the belief that everyone deserves access to nourishing, delicious meals. These recipes are crafted not only to excite your taste buds but also to provide practical, affordable, and nutritious options that resonate with the unique circumstances that many of us face, as well as the various cultures that are represented across our island-chain.



**Breakfast**



# Overnight Oats

SERVINGS: 1

PREPPING TIME: 5 MIN

REFRIGERATE: 9 HRS

## Ingredients

- ½ cup rolled oats
- ½ tsp vanilla extract
- ½ cup whole milk
- 1 Tbsp honey
- ¼ cup greek yoghurt or vanilla yoghurt
- Pinch of salt
- Toppings; fruit, nut butter, etc.



## Directions

1. Combine all the ingredients in a medium-size container. Mix well, then cover and put in the fridge overnight.
2. In the morning, stir well then add your toppings and enjoy.

### Tips

- Adding a tablespoon of chia seeds helps to thicken your oats and make them creamier. (They also have lots of health benefits.)
- You can add the toppings or adds-in to the oats to soak overnight, or you can add them fresh before serving.





# Cereal Bars

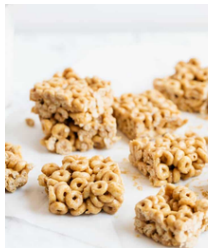
SERVINGS: 16 BARS

PREPPING TIME: 5 MIN

COOK TIME: 5 MIN


## Ingredients

- ½ cup creamy peanut butter
- ½ cup honey
- ½ tsp vanilla extract
- 3 ½ cups dry cereal



## Directions

1. Line a 8×8 inch pan with parchment paper and set aside.
2. Combine the peanut butter and honey in a medium size sauce pan. Cook for 3 minutes, stirring occasionally. Remove from heat and stir in vanilla.
3. Add in the dry cereal and stir until completely coated. Then press into the lined pan. Use a piece of parchment paper to press firmly down on the bars.
4. Refrigerate bars for one hour, or until ready to serve.



# Banana Oat Breakfast Cookies

SERVINGS: 24 COOKIES

PREPPING TIME: 5 MIN

COOK TIME: 15 MIN

## Ingredients

- 2 cup quick oats
- ½ tsp ground cinnamon
- ¼ tsp salt
- ½ cup creamy peanut butter
- ½ tsp vanilla extract
- 2 large ripe bananas mashed (about 1 ½ cups)
- ¼ cup chocolate chips



## Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine all ingredients, stirring until well mixed.
3. Drop 2 tablespoon scoops onto the baking sheet. Flatten slightly, forming the shape of a cookie.
4. Bake for 14-17 minutes, or until the edges begin to brown. Remove from the oven and cool.



# Gallo Pinto

SERVINGS: 8

PREPPING TIME: 10 MIN

COOK TIME: 20 MIN

## Ingredients

- 2 Tbsp light-tasting oil (vegetable, mild olive, canola)
- 1 red bell pepper , chopped
- 1 small yellow onion , chopped
- 2 cloves garlic , minced
- 2 cups cooked black beans , in  $\frac{3}{4}$  cup reserved cooking liquid\*
- $\frac{1}{4}$  cup Salsa Lizano
- 3 cups cooked rice , preferably, day-old and refrigerated
- $\frac{1}{4}$  cup chopped fresh cilantro



## Directions

1. Heat oil in a large skillet over medium-high heat until simmering. Sauté chopped bell pepper and onions until peppers are soft and onions are translucent, about 6-8 minutes. Add minced garlic and cook for 1 minute, until fragrant.
2. Add black beans, reserved cooking liquid, and Salsa Lizano, stirring to combine. Simmer for 5 minutes, until slightly thickened and little bit of the liquid is evaporated. Gently stir in cooked rice and cook until heated through and most of the liquid is absorbed, about 3-5 minutes.
3. Stir in chopped cilantro. Season to taste with additional Salsa Lizano, if desired, and serve.

# Egg Muffins

SERVINGS: 12 MUFFINS

PREPPING TIME: 10 MIN

COOK TIME: 25 MIN

## Ingredients

- 12 large eggs
  - 1/2 cup milk (1 used skim)
  - 1/2 tsp salt
  - 1/4 tsp black pepper
  - 1/4 tsp garlic powder
  - 3/4 cup shredded cheddar cheese divided
- Optional Add Ins:
- ham, green onions, sausage, etc.



## Directions

1. Preheat your oven to 350 degrees. Spray a muffin tin heavily with cooking spray. Set aside.
2. In a large bowl, whisk together the eggs, milk, and spices.
3. Stir in 1/2 cup of the shredded cheddar cheese, ham, and the green onions.
4. Fill the muffin tins. Top with the remaining 1/4 cup cheese.
5. Bake for 25 to 30 minutes or until the eggs pull away from the side of the muffin tin and are set in the middle.
6. Store leftovers in the refrigerator for up to four days.

Lunch



# Dirty Rice

SERVINGS: 8

PREPPING TIME: 10 MIN

COOK TIME: 20 MIN

## Ingredients

- 1 lb. (96% lean) ground beef
- 1 lb. loose ground pork sausage
- 1 medium green bell pepper, seeds and ribs removed, finely chopped
- 1 small yellow onion, finely chopped
- 2 stalks celery, finely chopped
- 4 cloves garlic, finely chopped
- 2 tsp. (or more) Cajun seasoning (or 1 tsp. salt-free Cajun seasoning plus 1 tsp. kosher salt)
- 2 bay leaves
- 3 c. cooked white rice
- Kosher salt
- 6 sprigs parsley, finely chopped
- Tabasco sauce, for serving



## Directions

1. In a large skillet, preferably cast-iron, over medium-high heat, cook beef and sausage, stirring frequently and breaking into bits, until browned, about 5 minutes. Using a slotted spoon, transfer meat mixture to a medium bowl; discard all but 2 tablespoons fat.
2. In same skillet over medium-high heat, cook bell pepper, onion, celery, garlic, Cajun seasoning, and bay leaves, stirring occasionally, until vegetables soften, 5 to 7 minutes.
3. Return meat mixture to skillet, then add rice. Cook, stirring frequently to break up rice, 3 to 4 minutes. Add more Cajun seasoning, if needed; discard bay leaves.
4. Transfer rice to a platter. Top with parsley. Serve with Tabasco sauce alongside.





# 15 Bean Soup

SERVINGS: 7

PREPPING TIME: 5 MIN

COOK TIME: 3 HOURS

## Ingredients

- 8C Chicken broth
- 14.5oz Petite diced tomatoes
- 15 bean soup mix
- 14oz Andouille sausage
- 1 Green bell pepper
- 3 stalks of celery, diced
- 1 small white onion, diced
- 5 cloves of garlic
- 1/2 teaspoon White pepper
- 1/2 teaspoon Black pepper
- 1 teaspoon Oregano
- 1/2 Tablespoon Paprika
- 1 teaspoon Salt
- 1 teaspoon Thyme
- 1 teaspoon Onion powder
- 1 teaspoon Garlic powder
- 3 Bay leaves
- 1 Tablespoon olive oil



## Stovetop Directions

1. Heat a large heavy-bottom pot over medium-high heat. Cook the andouille for 5 minutes until browned. Transfer to a bowl and set aside.
2. Add the olive oil and once hot add the celery, bell pepper, and onion and sauté for 4-5 minutes.
3. Add the garlic, paprika, oregano, thyme, garlic powder, salt, onion powder, black pepper, and white pepper. Sauté for another minute.
4. Deglaze the pot by adding the chicken broth and scrape up any stuck-on bits with a wooden spoon.
5. Store in the 15 bean soup mix, diced tomatoes, andouille, and bay leaves.
6. Bring to a boil then reduce to a simmer and cover with a lid, leading it slightly ajar. Cook for three hours.
7. Remove bay leaves and add salt to taste. Serve warm.

# Instapot Directions

1. Set your Instant Pot to the sauté feature and allow it to heat for 4-5 minutes. Add the andouille sausage and cook for about 5 minutes until browned. Transfer to a bowl and set aside.
2. Add the olive oil and once hot add the celery, bell pepper, and onion. Sauté for 4-5 minutes. Add the garlic, paprika, oregano, thyme, garlic powder, salt, onion powder, black pepper, and white pepper and sauté for another minute.
3. Deglaze the pot by adding the chicken broth and scraping up any stuck-on bits with a wooden spoon.
4. Stir in the 15 bean soup mix, diced tomatoes, andouille, and bay leaves.
5. Secure the lid on the Instant Pot and set it to high pressure for 50 minutes.
6. After 50 minutes allow to release naturally for 15 minutes prior to doing a quick release.
7. Remove bay leaves and add salt to taste. Serve warm.



# Sloppy Joes

SERVINGS: 5

PREPPING TIME: 10 MIN

COOK TIME: 30 MIN

## Ingredients

- 11 24oz can of pork or beef drained
- 1/2 medium onion, chopped (about 1/2 cup)
- 1/2 cup green or red pepper, chopped (about 1/2 large pepper)
- 1/2 cup celery, chopped (about 1 rib of celery)
- 1/4 water
- 1/2 cup tomato ketchup
- 1 tablespoon mustard
- 1 teaspoon sugar
- 5 whole wheat buns



## Directions

1. Combine canned meat, onion, celery, and pepper in a medium skillet. Add water. Cook over medium low heat for 15 minutes. Stir as needed. Cook until meat mixture temperature reaches at least 160F.
2. Put meat mixture in a strainer set over a bowl. Pat mixture with paper towels and rinse with warm water to remove fat. Add ketchup, mustard, and sugar. Heat 5-10 minutes on low heat.
3. Toast buns in a skillet. Spread buns with margarine and place face side down in skillet. Cook over medium heat 1-2 minutes.
4. Prepare sandwiches by putting 1/2 cup of meat mixture on bottom of each bun and cover with top of bun.

# Cajun Salmon Burger

SERVINGS: 2

PREPPING TIME: 10 MIN

COOK TIME: 10 MIN

## Ingredients

- 6oz canned salmon (or tuna)
- 1/4 cup breadcrumbs
- 1 large egg
- 1 tbsp mayonnaise
- 1/2 tsp stone ground mustard
- 1 green onion
- 1/2 tbsp cooking oil
- 1/2 tbsp butter

### Cajun Seasoning

- 1/2 tsp smoked paprika
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1 pinch cayenne (or to taste)
- 1 pinch freshly cracked pepper
- 1/8 tsp salt



## Directions

1. Drain the canned salmon and add it to a bowl with the breadcrumbs, egg, mayonnaise, mustard, green onion, and Cajun seasoning spices. Stir to combine the ingredients, then refrigerate for 30 minutes to allow time for the spices to blend and the breadcrumbs to absorb moisture.
2. After 30 minutes, shape the salmon mixture into two patties, about 3-4 inches in diameter each.
3. Heat the oil and butter over medium heat in a large skillet. Once the butter is melted and begins to foam, add the salmon burgers and cook for 3-5 minutes on each side, or until the burgers are well browned.
4. To serve, place one burger on each bun and add desired toppings.



# Chicken Salad Wrap

SERVINGS: 4

PREPPING TIME: 20 MIN

COOK TIME: 0 MIN

## Ingredients

- 8oz Canned chicken
- 1 stalk of Celery, diced
- 1 Green Onion, sliced
- 1/4C Mayonnaise
- 4 Whole wheat tortillas

- Lettuce, chopped
- 1/4 teaspoon Lemon Juice
- 1/8 teaspoon Dill weed
- 1/8 teaspoon Salt
- 1/8 teaspoon Pepper



## Directions

1. Rough chop the chicken.
2. Dice green onions and celery.
3. Add all ingredients together mixing well.
4. Add a 1/4 scoop of chicken salad to tortilla and a small handful of lettuce.
5. Wrap like a burrito and enjoy.

Snack





# Fresh Mango Salsa

SERVINGS: 6

PREPPING TIME: 10 MIN

TOTAL TIME: 10 MIN

## Ingredients

- 2 large ripe mangoes, small diced
- 1 large red bell pepper, cored, seeds removed and finely diced
- 1/4 large red onion, finely diced
- 1 medium jalapeno, seeds removed and finely diced
- 1/4 cup cilantro, chopped
- pinch of mineral salt
- Juice of 1 lime



## Directions

1. Place the diced mango, bell pepper, onion, jalapeno and cilantro in a medium/large mixing bowl.
2. Add a pinch of salt and squeeze of lime juice over top, gently toss to coat.
3. Enjoy right away or let it rest for 30 minutes so flavors can mingle.
4. Serve with chips, or as a condiment or side to any complimentary meal, such as bean tacos, bean & quinoa/rice burritos, and various vegan bowl meals.
5. Store leftovers in a sealed container in the refrigerator for up to 5 - 6 days, or freeze for up to 2 months.



# Mini Pizzas

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

- 2- 8" or 10" whole wheat tortillas
- ½ cup pizza or pasta sauce divided
- 3 Tablespoons grated Parmesan cheese divided

- ½ cup shredded mozzarella divided
- 20 pepperoni slices OR assorted other toppings divided (optional)



## Directions

1. Arrange one rack in the oven to the center position. Preheat the oven to 425°F. Place tortillas on a flat surface.
2. Spoon approximately ¼ cup of the sauce onto each tortilla and spread around evenly, leaving a small margin around the edges.
3. Sprinkle approximately 1 and ½ Tablespoons of Parmesan cheese, followed by ¼ cup of shredded mozzarella on each pizza. Top with pepperoni and/or desired toppings.
4. Carefully place pizzas in the oven directly on the rack and bake for 5 minutes, or until desired color/crispness. You may also bake each pizza individually in a toaster oven. Remove from oven and allow to cool a few minutes before cutting and serving.



# Guacamole

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

- 1/2 lb ripe avocados
- 1/4 teaspoon kosher salt, plus more to taste
- 1 tablespoon fresh lime or lemon juice
- 2 to 4 tablespoons minced red onion or thinly sliced green onion
- 1 to 2 jalapeño, stems and seeds removed, minced
- 2 tablespoons cilantro finely chopped
- Pinch freshly ground black pepper
- 1/2 ripe tomato, chopped (optional)



## Directions

1. Arrange one rack in the oven to the center position. Preheat the oven to 425°F. Place tortillas on a flat surface.
2. Spoon approximately ¼ cup of the sauce onto each tortilla and spread around evenly, leaving a small margin around the edges.
3. Sprinkle approximately 1 and ½ Tablespoons of Parmesan cheese, followed by ¼ cup of shredded mozzarella on each pizza. Top with pepperoni and/or desired toppings.
4. Carefully place pizzas in the oven directly on the rack and bake for 5 minutes, or until desired color/crispness. You may also bake each pizza individually in a toaster oven. Remove from oven and allow to cool a few minutes before cutting and serving.



# Instant Frozen Yogurt

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

- Frozen berries
- Greek yogurt

- Agave or honey



## Directions

1. Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture.
2. Scoop into bowls and serve.

Dinner



# Calabacitas con Puerco y Elote

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

## Ingredients

- 1 LB. Pork Roast or stew meat trimmed of fat, cut in 1 in. cubes or bite-sized pieces\*
- 1 Bay leaf
- 1 cup of water
- 2 Tbsp. vegetable oil
- 1 cup white or red onion diced (About ½ medium onion)
- 1 small branch of cilantro.
- Salt and Pepper to taste

- 2 garlic cloves minced
- 2 Jalapeno Peppers diced or slice
- 1 cup of fresh corn kernels 1 fresh corn on the cob
- 2 cups of zucchini or squash cut in ½ in cubes. (About 2 medium zucchinis)
- 3 large tomatoes diced. (About 2 ½ cups, diced)
- ¼ teaspoon ground cumin



## Directions

1. Place meat in a large skillet with one cup of water and the bay leaf. Cover and cook on medium heat for 20 minutes.
2. If there's any broth left from the meat, set it aside in a small bowl and reserve it to add later on. Add 2 Tablespoons of vegetable oil\*\* and sauté the meat over medium-high heat until slightly browned. Stir occasionally to keep it from sticking to the pan. It takes about 3-4 minutes.
3. Add the onion, garlic, and jalapeno pepper to the skillet. Cook, occasionally stirring until they soften, for about 3 minutes. Add corn and cook for another 3 minutes. Add squash or zucchini, toss well, and cook for about 5 more minutes.
4. Stir in the tomatoes and any leftover cooking broth. Finally, stir in the cilantro and ground cumin.
5. Remove from heat, plate, and enjoy!





# Southwest Chicken Skillet

SERVINGS: 5

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- 1 Tbsp. canola oil
- 1 small onion
- 1 bell pepper
- 2 cloves garlic
- 1 can (14.5-ounce) black beans
- 1 can (14.5-ounce) can diced tomatoes
- 2 cups cooked, shredded chicken

- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 1 tsp. fresh lime juice



## Directions

1. Wash vegetables and chop. Finely mince garlic. Wipe off tops of cans. Drain and rinse beans and corn.
2. Heat a large skillet over medium heat. Add vegetable oil, then add onion and bell pepper. Sauté 4 to 5 minutes.
3. Add garlic to skillet and sauté another 30 seconds.
4. Add black beans, corn, tomatoes and chicken to the pan. Stir in chili powder, cumin, paprika, salt and pepper. Stir to combine and heat through 2-3 minutes.
5. Add lime juice and turn off the heat.
6. Serve and top with any of your favorite ingredients such as guacamole, shredded cheese, salsa, Greek yogurt or sour cream, cilantro or hot sauce.



# Cuban Spaghetti

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

## Ingredients

- 1/2 lb Spaghetti
- 1 lb Ground Beef
- 1 28 oz can Crushed Tomatoes
- 1/2 small Onion
- 1/2 Green Bell Pepper
- 2 Garlic Cloves
- 1 tsp. Oregano
- 1/4 tsp Cumin
- 2 tsp. Sazon
- 1 Tbsp. Tomato Paste
- 1 Bay Leaf
- 1/4 cup Dry White Wine
- 3 tbsp Capers or Olives
- 1/4 cup Parmesan Cheese
- Salt and Pepper to taste



## Directions

1. Brown the beef completely over medium-high heat.
2. Add the onions, peppers, garlic, tomato paste, bay leaves, Sazon, cumin, oregano, salt, and pepper. Cook for 3 minutes.
3. Add dry white wine and reduce by half.
4. Add the crushed tomatoes and sugar.
5. Reduce the heat to low and cook for 30 minutes.
6. Check for seasoning.
7. Discard the bay leaves and add the capers.
8. Stir in the spaghetti and serve immediately



# Baked Chicken Rice Casserole

SERVINGS: 5

PREPPING TIME: 10 MIN

COOKING TIME: 90 MINS

## Ingredients

- 2 cups long grain white rice
- 1 medium white onion diced
- 6 Tbsp. salted butter melted
- 2 Tbsp. all-purpose flour
- 5 cups chicken broth
- 1 cup heavy cream

- 1 tsp. salt
- 1/2 tsp. black pepper
- 6 whole chicken thighs
- 2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika



## Directions

1. Preheat oven to 350 degrees. Lightly grease a 9x13 pan.
2. Stir rice, onion, 3 tablespoons melted butter, and flour together directly in the 9x13 pan until flour has no more visible white specks. Spread rice mixture out evenly on the bottom of the pan. Pour in chicken broth, heavy cream, salt, and pepper and stir to combine.
3. Place chicken thighs on top of rice mixture. Brush remaining melted butter on top and sprinkle chicken with Italian seasoning, garlic powder, and paprika (optional).
4. Cover with aluminum foil and bake in the preheated oven for 1 hour.
5. Remove foil and bake another 30 minutes until rice and chicken are cooked through and the chicken skin crisps up. For crispier skins, place under the broiler setting for 2-3 minutes before serving. Serve hot.



# Cuban Picadillo

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 1 Tbsp. olive oil
- 1 small onion, chopped
- ½ green bell pepper, chopped
- 1 clove garlic, minced, or more to taste
- 1 lb. lean ground beef
- 1 (8 ounce) can tomato sauce
- 6 large pitted green olives, quartered

- ½ cup raisins
- 1 Tbsp. capers (Optional)
- 2 (1.41 ounce) packages sazón seasoning (such as Goya®)
- 1 Tbsp. ground cumin
- 1 tsp. white sugar
- salt to taste



## Directions

1. Gather all ingredients.
2. Heat olive oil in a skillet over medium heat; cook and stir onion, bell pepper, and garlic, onion in the hot oil until softened, 5 to 7 minutes.
3. Add ground beef into the skillet; cook and stir until crumbly and completely browned, 7 to 10 minutes.
4. Stir tomato sauce, olives, raisins, capers, cumin, sazón seasoning, sugar, and salt into the ground beef mixture. Cover the skillet, reduce heat to low, and cook until the mixture is heated through, 5 to 10 minutes.
5. Remove from heat, plate, and enjoy!

# Tips to a Successful Meal Plan

# Where To Start

A meal plan refers to any strategy that is used to map out what you or your family is going to eat on a particular day, week, or month. Meal plans are a great way to plan and keep track of what you are eating. This can help you to save time and money at the grocery store.

1.

Keep track of what items you already have in your house. Make a written list or keep track on your phone.



2.

Once you have a list of what you already have search on the internet for recipes you can make with those ingredients. Try to use the same ingredients in multiple meals to cause less waste.

3.

As you find different recipes you want to use keep track of them on a meal planner like the one on the following page to know what days of the week you will use each meal.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Dinner					



4.

When you find recipes you want to use make sure you are keeping track either on your phone or on paper of what items you will need to get at the store. Go one step further and see if any of these items are on sale at a store in your area.



# Meal Planner

List of items you have:

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List of what you need:

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Use a planner like this to keep track of when you are using different meals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Snack					
Lunch					
Snack					
Dinner					

# Meal Planner

List of items you have:

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List of what you need:

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Use a planner like this to keep track of when you are using different meals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Snack					
Lunch					
Snack					
Dinner					

# Example Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>						
Hard boiled egg	Scrambled Egg	Peanut butter	Chicken quesadilla*	Hard boiled egg	Peanut Butter	Breakfast burrito*
Cheerios	Oatmeal	Toast	Mandarin oranges	Whole wheat toast	Whole wheat toast	Apple juice
Raisins	Apple juice	Raisins		Peaches	Mandarin oranges	
<b>Lunch</b>						
Macaroni and cheese	Chicken rice soup*	Chicken rice soup (from day 2)	Black bean soup*	Black bean soup (Leftover from day 4)	Baked potato topped with leftover chili and cheese	Black bean soup (from day 4)
Broccoli	Mixed fruit	Whole wheat crackers	Saltine crackers	Saltine crackers	Pineapple	Whole wheat crackers
Pineapple		Apple sauce	Left over fruit from other meals	Mandarin Oranges		Applesauce
<b>Dinner</b>						
Tuna salad sandwich	Macaroni and cheese (leftover from day 1)	Chicken skillet with vegetables*	Pasta fagioli*	Chili*	Chicken skillet with vegetables (leftover from day 3)	Cheesy chicken rice hotdish*
Baby carrots	Brussels sprouts	Rice (make enough for day 6)	Green beans	Crackers	Rice (leftover from day 3)	Broccoli
Peaches	Pineapple	Pears	Peaches	Baby carrots	Applesauce	Peaches
				Pears		
<b>Snack 1</b>						
Peanuts	Yogurt	Peanut butter	Peanut butter	Parmesan cheese sprinkled on popcorn	Peanuts	Mozzarella cheese stick
Apple juice	Cheerios	Whole wheat crackers	Graham crackers	Banana	Cheerios/pretzels	Whole wheat crackers
		Dried fruit	Banana		Raisins	
<b>Snack 2</b>						
Graham crackers	Parmesan cheese sprinkled on popcorn	Granola/granola bar	Yogurt	Peanut butter	Mozzarella stick	Peanut butter
Milk	Banana	Banana	Granola bar	Whole wheat toast	Whole wheat crackers	Whole wheat toast
			Craisins	Craisins	Craisins or raisins	Banana

Try using these apps and websites to help you come up with dinner ideas:

