

Week of: March 18th
 Harvest of the Week: Avocados

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana & Frozen Fruit Smoothies Yogurt and Chopped Fruit w/ Cinnamon	Omelet w/ Veggies & Avocado Orange Juice Berries	Scrambled Eggs Bacon Orange Juice Toast	Scones w/ Dried Fruit Bananas Mandarin Oranges	Banana Bread Sausage Grapes	Pancakes Fruit Topping Chocolate Milk	Breakfast Sandwiches Chopped Melon
Snack	Mandarin Oranges	Cucumber & Carrot Sticks w/ Ranch	Guacamole & Tortilla Chips	Apple Slices	Dried Apricots Dipped in Chocolate		
Lunch	Tuna Sandwiches Celery Sticks Olives	Tortilla Chips Grapes Banana String Cheese	Turkey Sandwiches Carrot Sticks Oatmeal Cookies	Ham & Cheese Tortilla Roll Up Strawberries Chopped Melon	Egg Salad Sandwich's Brownies Broccoli & Ranch	Bacon Wrap Orange Wedges	Avocado Tuna Boats Pears
Dinner	Chicken Tortilla Soup Corn Bread Green Salad	Mark's Favorite Chicken Steamed Broccoli Smashed Potatoes	Spaghetti w/ Surprise Meatballs Green Salad Garlic Bread	Flank Steak w/ Avocado Salsa Rice Green Beans	Ranch Chicken Tacos Fruit Salad w/ Jell-O Corn	Hot Tamale Pie Green Salad Key Lime Pie	Twice Baked Potatoes Pork Chops Peas & Carrots

Recipe Links

Easy Guacamole

<http://allrecipes.com/Recipe/Easy-Guacamole/Detail.aspx>

Chicken Tortilla Soup

<http://allrecipes.com/Recipe/Chicken-Tortilla-Soup-I/Detail.aspx>

Bacon Wrap

<http://allrecipes.com/Recipe/BLAT-Wraps/Detail.aspx>

Flank Steak w/ Avocado

<http://allrecipes.com/Recipe/Flank-Steak-with-Avocado-Salsa/Detail.aspx>

Ranch Chicken Tacos

<http://allrecipes.com/Recipe/Ranch-Chicken-Tacos/Detail.aspx>

Hot Tamale Pie

<http://allrecipes.com/Recipe/Hot-Tamale-Pie/Detail.aspx>

Smashed Potatoes

http://allrecipes.com/recipe/rosemary-smashed-potatoes/detail.aspx?event8=1&prop24=SR_Title&e11=smashed%20potatoes&e8=Quick%20Search&event10=1&e13=A%3aSearch%20Results-List%28control%29&e7=Home%20Page

Scones

<http://allrecipes.com/Recipe/Simple-Scones/Detail.aspx>

Banana Bread

<http://allrecipes.com/Recipe/Janets-Rich-Banana-Bread/Detail.aspx>

Key Lime Pie

<http://allrecipes.com/Recipe/Key-Lime-Pie-VII/Detail.aspx>

Shopping List

Produce

3 Banana (1 Lunch, 1 Breakfast - 1 large bunch)
3 C. Chopped Assorted Fruit
Mandarin Oranges (1 snack, 1 Breakfast 12 oranges)
1 bunch Celery
Green Salad (2 Dinner - 2 bags)
3 Onions
4 Cloves Garlic
1/4 C. Chopped Cilantro
1 1/2 bunch Green Onions
11 Avocados
2 C. Assorted Chopped Veggies
2 C. Assorted Fresh Berries
Cucumber (1 snack - 1 Cucumber)
Grapes (1 lunch, 1 Breakfast - 1 large bunch)
1 1/2 lbs. Red Potatoes
7 Green Onions
5 Tomato
1 Lime
3 Tbsp. Lime Juice
3/4 C. Key Lime Juice
Carrots (1 Lunch - 1/2 lb.)
Sage (fresh or dried)
Apples (1 snack - 3 apples)
Strawberries (1 lunch - 1 lb.)
Melon (1 lunch, 1 breakfast - 1 melon)
1 bunch Cilantro
2 C. Broccoli Florets
1 head Lettuce
Oranges (1 Lunch - 3 Oranges)
2 C. diced Poblano Peppers
Pears (1 lunch - 3 pears)
Russet Potatoes (1 dinner - 3 lbs.)

Meat

8 Boneless Skinless Chicken Breast
8 Slices Bacon (1 breakfast, 1 Dinner - 1 1/2 lbs.)
Turkey Sandwich Meat (1 lunch - 1 lb.)
Ham Sandwich Meat (1 lunch, 1 breakfast - 2 lbs.)
3 1/2 lb. Lean Ground Beef
1 1/2 lb. Flank Steak
Breakfast Sausage (1 Breakfast - 1 pkg.)
2 C. Shredded Chicken
Pork Chops (1 Dinner - 6 Chops)

Frozen

2 C. Fruit (any kind)
Broccoli (1 Dinner - 1 small bag)
Green Beans
Corn (2pkgs.)
Peas & Carrots

Dry

1/2 tsp. Cinnamon
Corn Bread Mix (1 dinner - 2 small pkgs)
2 tsp. Chili Powder
1 tsp. Oregano
1 Envelope Ranch Dressing Mix
3 1/2 C. +1 Tbsp. Flour
1 tsp. Rosemary
1/2 tsp. Garlic Powder
1/2 lb. Spaghetti Noodles
1 1/3 C. Sugar
1 tsp. Baking Powder
1/4 tsp. Baking Soda
Salt
Pepper
1/2 C. Raisins (or other dried fruit)
2 C. Dried Apricots
2 Tbsp. + 1 tsp., Cumin
3 tsp. Red Pepper Flakes
1 Tbsp. Coriander
1 Tbsp. Chili Powder
1 tsp. Cinnamon
2 C. Rice
Brownie Mix
Jell-O (any flavor)
1 pkt. Taco Seasoning
Pancake Mix (1 Breakfast 3 C.)
Chocolate Milk Mix (1 Breakfast - 1/2 C.)
1/2 tsp. Oregano
1 tsp. Chipotle

Dairy

3 C. Vanilla Yogurt
Black Olives (1 lunch - 1 large can)
4 Eggs (2 Breakfasts, 1 Lunch 30 Eggs)
2 Individual String Cheese (1 lunch - 6 indivi
2 3/4 C. Sour Cream
Butter (1 lb.)
Cheese (slices for sandwiches 1 pkg.)
1 C. Colby Jack Cheese
Milk (1 gallon)
4 oz. Cheddar
4 oz. Monterey Jack

Other

1/3-1/2 C. Orange or Apple Juice
Mayonnaise (1 C.)
6 Tbsp. Olive Oil
1 Bag Tortilla Chips
Orange Juice (2 Breakfasts - 1 Gallon)
Ranch Dressing (1 snack , 1 Lunch, 2 Dinners 1 bottle)
2/3 C. Bread Crumbs
2 Pieces of Bread (3 Lunches, 2 Breakfasts - 2 1/2 Loaves)
Oatmeal Raisin Cookies
1 tsp. Vanilla
1/2 C. Walnuts
1 C. Chocolate Chips
16 oz. +1 Tbsp. Salsa
8 Corn Tortillas
Syrup (1 Breakfast)
4 Flour Tortillas
9" Graham Cracker Crust

Canned

Tuna (2 lunches - 4 cans)
28 oz. Crushed tomatoes
10.5 oz. Condensed Chicken Broth
15 oz. Corn Kernels
15 oz. White Hominy
4 oz. Chopped Green Chili Peppers
15 oz. Black Beans
1 Jar Spaghetti Sauce
Fruit (any kind for Jell-O Salad)
4 oz. Black Olives
3 C. Sweetened Condensed Milk

Avocado Tuna Boats

Ingredients:

3 Avocados
2 small cans Tuna
¼ C. Mayonnaise
1 Celery, finely chopped
1 Green Onion, finely chopped

Directions:

Cut avocados in half and remove seeds. Carefully scoop each half out of the skin with a spoon. Set aside.

Combine remaining ingredients, and stir to combine.

Spoon tuna salad into each avocado half.

Serve!

Banana & Frozen Fruit Smoothie

Ingredients:

1 Banana
2 C. Frozen Fruit (your choice)
2/3 C. Vanilla Yogurt
1/3-2/3 C. Orange or Apple Juice



Directions:

Blend all ingredients in a blender until smooth. Add as much or as little juice to make the desired consistency.

Chopped Fruit w/ Yogurt & Cinnamon

Ingredients:

- 3 C. Chopped Fruit
- 1 ½ C. Vanilla Yogurt
- ½ tsp. Cinnamon

Directions:

Place ½ C. chopped fruit into each bowl. Add ¼ C. vanilla yogurt on top of each bowl of fruit. Sprinkle with cinnamon.



Breakfast Sandwiches

Ingredients:

- Toast (two pieces per sandwich)
- Mayonnaise
- Cheese Slices (one slice per sandwich)
- Eggs (one per sandwich)
- Thinly Sliced Deli Ham (one or two pieces per sandwich)

Directions:

Toast bread.

Fry eggs in non-stick skillet.

Spread small amount of mayonnaise on each slice of bread.

Place one egg, one slice of cheese and one or two pieces of ham on each sandwich.

Serve!

Mark's Favorite Chicken

Ingredients:

- 2/3 C. Bread Crumbs
- 1 Envelope Ranch Dressing Mix
- 6 Boneless Skinless Chicken Breasts



Directions:

- Combine bread crumbs and ranch dressing mix.
- Coat chicken breasts.
- Bake in 350 degree oven 20-35 minutes; or until done.

Spaghetti with Surprise Meatballs

Ingredients:

- 1 Jar of Spaghetti Sauce
- ½ lb. Spaghetti Noodles
- 1 ½ lbs. Lean Ground Beef
- 2 Pieces of Bread
- 1 Egg
- ½ Small Onion
- 1 Celery Stalk
- Salt & Pepper
- Fresh or Dried Sage
- 2 Individual String Cheese Sticks



Directions:

- Preheat oven to 350° F.
- In a food processor, combine bread, onion, celery, salt and pepper, and sage. Process until mixture resembles crumbs.
- Chop the string cheese sticks into twelve even pieces.
- In a large mixing bowl combine bread mixture, ground beef, and the egg.
- Form 12 meatballs from the meat mixture, placing a piece of string cheese in the center of each one.
- Bake on a baking sheet for approximately 20 minutes or until done.
- Boil spaghetti noodles according to package directions, Drain and add spaghetti sauce and meatballs. Serve!