

Week of: December 17

Harvest of the Week: Persimmons

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apricot Cows Scrambled Eggs w/ Ham Mandarin Oranges	Crepes w/ Nutella & Bananas Apple Slices	Oatmeal w/ Apples & Raisins Chocolate Milk	Banana Muffins Fried Eggs Strawberries	Persimmon Bread Fried Ham Slices Fruit & Yogurt Smoothie	Persimmon Scones Yogurt 100% Juice	French Toast Strawberries Milk
Snack	Trail Mix	Persimmon Cookies	Bananas	Dried Apricots	Grapes		
Lunch	Sub Sandwiches Strawberries Carrot Sticks	Chinese Chicken Salad (I use bottled dressing) Grapes	Tuna Sandwiches Persimmon Jello Juice	Apple Cheese & Crackers Yogurt	Turkey Tortilla Rolls Carrot & Celery Sticks w/ ranch	Individual Pizzas Orange Slices	Ham & Cheese Crossiant Roll-ups Celery w/ Peanut Butter
Dinner	Pork w/ 3 Peppers rice Persimmon Salad	Green Chili Beef Burritos (1/2 Recipe) Mashed Potatoes Green Beans	Cheddar Potato Soup Green Salad Grapes & Mandarin Oranges	Chicken Casserole Persimmon Fruit Salad Broccoli/Califlower /Carrot Mix	Meat Loaf Roasted Red Potatoes Corn	Stuffed Manicotti Garlic Bread Peas	Buttermilk Fried Chicken Green Salad Persimmon Pie

Shopping List

Produce

3 Fuyu Persimmons
3 C. Chopped Persimmons
46 Persimmons
Lettuce
Tomatos (3)
Strawberries (3 lbs.)
Baby Carrots (2 lb)
4 Onions
2 1/2 Garlic Cloves
Red Bell Pepper
Yellow Bell Pepper
Green Bell Pepper
Bananas (2 bunches)
Apples (2.5 lb)
1 Granny Smith or Fuji Apple
2 16 oz. Bags Romaine Lettuce
Russet Potatoes (5 lbs)
1 1/2 Jalapeno Peppers
Celery (1)
Green Salad Kit (2)
Parsley
Grapes (2 lb)
1 Pomegranite
7-10 Leaves Mint
2 Lemons
Red Potatoes (2 lbs)
Oranges (1 lb.)
1 lb Arugula
1 lb. Pears
2 Shallots

Dairy

Eggs (28)
Sliced Cheese (6)
Milk (1 Gallon)
Butter (2 lbs.)
Cheddar Cheese (3 C. Shredded)
1 C. Shredded Cheddar or Mozzarella
3 C. Shredded Mozzarella
Cheese (for crackers)
Yogurt (1 pkg. in tubes for lunch)
16 oz. Sour Cream
Yogurt (for smoothies 3 C.)
6 Yogurt Cups
Cream Cheese (3 oz.)
1 1/2 C. Buttermilk
1 Pint Ricotta Cheese
2 C. Heavey Cream

Frozen

Vanilla Ice Cream (3 Cups)
2 8 oz. cartons Whipped Topping
Green Beans
Broccoli/Califlower Carrot Mix
Fruit (for smoothies 1 pkg.)
Corn
Garlic Bread
Peas

Canned

Mandarin Oranges (8 11 oz cans)
2 14.5 oz. Beef Broth
1/4 C. Tomato Paste
2 4 oz. Green Chillis
Tuna (2)
3 C. Chicken or Vegetable Broth
10.34 oz. Cream of Chicke Soup
1/2 C. Tomato Sauce
Sliced Olives

Dry

1 Tbsp. Sugar
3 1/2 tsp. Chili Powder
Salt
Pepper
9 3/4 C. All Purpose Flour
Rice (3 Cups)
3/4 tsp. Ground Cumin
Quick Cooking Oats (3 C.)
Chocolate Milk Mix
Paprika
3 1/4 tsp. Baking Soda
1 Tbsp. + 1 1/2 tsp. Baking Powder
3 1/4 C. Sugar
1 C. Brown Sugar
2 tsp. Ground Cinnamon
2 tsp. Poppy Seeds
1/4 C. Honey
Bread (2 loaves)
1 tsp. dried Basil
1 tsp. dried Thyme or Sage
1 1/2 tsp. Vanilla
Powdered Sugar
5 1/2 oz. Manicotti Pasta
6 oz. Orange Geletin
10 oz. Walnuts
1/2 tsp. Ground Nutmeg
1/2 Tsp. Ground Cloves

Meat

Ham (2lbs)
Assorted Lunch Meat (for subs)
1 lb. Pork Tenderloin
3 C. shredded Rotisserie Chicken
3 lbs Beef Sirloin Tip Roasts
2 1/2 C. Cooked Chicken
Turkey Lunch Meat (2 pkgs.)
1 1/2 lbs. Ground Beef
Pepperoni
6 Boneless Skinless Chicken Breast

Other

Apricot Nectar (3 cans)
1/2 C .Peanuts
1 C. Mini-Pretzels
1/2 C. Dried Fruit (any kind)
1/2 C. Chocolate Chips
Sub Sandwich Rolls
Mayonaise
Mustard
Dijon Mustard
2 C. Canola/Vegetable Oil
Oil for frying
1/2 C. Olive Oil
1/2 C. Shortning
1/4 C. Salsa
Nutella (1/2 C.)
2 C. Wonton Strips or Chow Mein Noodles
Asian Salad Dressing (1 bottle)
16 Flour Tortillas
1/2 lb + 1 C. Raisins
100% Juice Boxes (1 pkg)
100% Juice (1 gallon)
1 1/4 C. Grapefruit Juice
Seasoned Crutons
Dried Apricots (1 pkg)
Crackers (1 pkg)
1 3/4 C. Crushed Butter Flavored Crackers
Ranch Dressing
Refrigerated Biscuits
Refrigerated Croissants
1 Jar + 1/2 C. Spaghetti Sauce
3/4 C. Grated Parmesan Cheese
Peanut Butter 1/2 C.
Graham Cracker Crust

Trail Mix

Ingredients:

1 Cup Salted Peanuts

1 Cup Pretzels

½ Cup Chocolate Chips

½ Cup Dried Fruit

Directions:

Mix all ingredients together. Portion out into six ½ cup portions & serve!

Harvest Mini-Pizzas

Ingredients:

Refrigerated Biscuit Dough

½ Cup Pizza or Spaghetti Sauce

1 Cup shredded Mozzarella Cheese

Various Toppings: Peperoni, Olives, Bell Peppers etc. (try any vegetables you have in the fridge – zucchini or corn even left over squash!)

Directions:

Take each individual biscuit and flatten it into a small pizza crust.

Take a spoonful of pizza or spaghetti sauce and spread on each crust.

Sprinkle desired amount of cheese onto each pizza.

Let you child put whatever topping they would like on their individual pizza.

Bake at 350° for 10-15 minutes or until crust is lightly browned, and the pizza is set in the middle.

Enjoy!

