



Lunch Menu #6

Monday – Nut Butter & Honey “Quesadilla”, Applesauce
Tuesday – Baked Chicken Nuggets, Roasted Carrots, Fresh Fruit
Wednesday – Fancy Ham Wrap, Applesauce
Thursday – Pasta Primavera
Friday – Pancakes, Maple Yogurt, Raisins

Week Six Make Ahead

1. Chicken Nuggets
2. Pancakes
3. Pasta Primavera

MONDAY

2 prepackaged cups of no sugar added applesauce
1 medium zucchini, cut into ½” thick rounds

Nut Butter & Honey “Quesadilla”

2 whole wheat tortillas (burrito size)
4 Tablespoons peanut, cashew or almond butter
2 Tablespoons natural raw honey
1 firm banana, thinly sliced
1 cup nonfat Greek yogurt
Honey to sweeten yogurt

Lay out one tortilla flat. Spread with your chosen nut butter so that it covers one side of the tortilla. Drizzle with honey. Arrange thin slices of banana on top of honey. Place second tortilla and seal together by lightly pressing down on the edges. Cut into quarters and evenly divide into two lunch containers.

Serve with no sugar added applesauce, yogurt/honey mix and zucchini slices.

Gluten Free option: Substitute 4 gluten free bread slices for whole wheat tortillas and make sandwiches
Vegan option: Omit honey and use any fruit preserve you may have in the pantry

TUESDAY

2 medium carrots, peeled and cut into sticks or 6 baby carrots
2 plums or 2 oranges, cut into wedges

Chicken Nuggets

1 Tablespoon olive oil (for pan)
1 large chicken breast (about 1/2 pound)
½ teaspoon kosher salt
¼ teaspoon black pepper



- 1 large egg
- ¼ cup water
- 1 cup bread crumbs
- 1 teaspoon dried oregano

Heat oven to 375 degrees F.

Lightly coat a baking dish or cookie sheet with olive oil. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking. Sprinkle chicken with salt and pepper.

In a small bowl, whisk together water and egg. In medium dish, combine bread crumbs, and oregano.

Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.

Repeat with other pieces, making sure that the baking sheet is not overly crowded.

Place in oven for 15 minutes or until chicken is no longer pink on inside.

Wrap in two individual foil packs of 4-6 chicken nuggets each and place in fridge until lunch day.

To reheat, place in over for 5 minutes @350 degrees F.

Serve with carrot sticks and fresh fruit (plum or orange)

WEDNESDAY

2 cups prepackaged no sugar added applesauce

1 medium tomato, cut into wedges

Fancy Ham Wrap

2 whole wheat tortillas

8 ounces of lean, sliced ham (ask butcher/deli for best quality)

4 leaves butter lettuce (whole)

2 slices any variety cheese (organic recommended)

¼ cup pantry dressing (www.thefresh20.com/pantrydressings)

Arrange ham evenly over flat tortilla. Add a layer of cheese followed by 2 leaves butter lettuce. Spread dressing over lettuce. Roll the tortilla towards the center. Make sure you get a tight roll. Once a wrap is formed, cut in half and place in lunch container with the seal down.

Serve with applesauce and tomato wedges.

Gluten Free: Use gluten free bread or corn tortillas

Dairy Free: Omit cheese.



THERMOS THURSDAY

Pasta Primavera

- 1 Tablespoon olive oil
- 1 garlic cloves, minced or pressed
- 1 medium tomato. chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 medium zucchini, cubed
- 1 carrot, peeled and shredded
- 1 cup chicken or vegetable stock/broth
- 6 ounces whole wheat spaghetti, cooked
- Fresh fruit for side (plums or oranges)

Heat oil in a medium skillet. Add garlic. Sauté for 1 minute. Add tomatoes, salt and black pepper. Toss in zucchini and shredded carrots. Add stock and bring to simmer for 5 minutes. Let cool and refridgerate.

On lunch day, reheat vegetables and toss with plain cooked spaghetti. Transfer to thermos and seal. Serve with fruit on the side.

Gluten Free option: Sub any variety gluten free pasta and make sure your stock is gluten free

Vegetarian Option: use vegetable stock



FRIDAY

Pancakes for Lunch? YES!

For homemade:

- 1 cup oatmeal
- 1 cup whole wheat flour
- 2 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 lemon, juiced
- 2 Tablespoon olive oil
- 1 egg
- ¼ cup maple syrup (100%)

Note: You can also use a whole grain pancake mix.

- 1 cup plain, non-fat Greek yogurt
- ¼ cup maple syrup (100%)

2 cups sliced fruit

½ cup raisins, divided in half

Grind the oats in a blender or food processor until fine. In a large bowl, combine ground oats, whole wheat flour, baking soda, baking powder, and salt.

In another bowl, combine milk, lemon juice, oil, egg, and ¼ cup maple syrup with an electric mixer until smooth.

Lightly oil a skillet or griddle, and preheat it to medium heat. Ladle 1/4 cup of the batter onto the hot skillet; cook the pancakes for 2 to 4 minutes per side, or until brown.

Wrap in airtight container until ready to use or freeze and reheat in toaster on lunch day.

Combine the yogurt and ¼ cup maple syrup. Serve on side of pancakes in a small, leak proof container.

Fruit and raisins on the side.