

“Thinking Outside the Box” Recipe Ingredients

DP	Theme	Meal	Endcap Items	Additional Items that will be used in the meal or suggested
16	Back to School	Chicken Fried Rice	-Rice -Water chestnuts -Low sodium soy sauce -Sesame Oil	Frozen peas Carrots
17	Kids Eat Right	Kale Spaghetti	-Pasta noodles any type -Minced garlic -Parmesan Cheese	Roasted almonds
18	National Family Meals/Labor Day	Green Enchilada Chicken Casserole	Corn tortillas-soft Canned green chilies Green chili enchilada sauce Low sodium cream of chicken soup	Unbreaded cooked chicken strips/cubes Nonfat Greek yogurt Shredded cheddar cheese
19	National Healthy Breakfast Month	Homemade Dry Oatmeal Mixes and Overnight Oats	Raisins Craisins Nonfat Dry Milk Powder Plain Oatmeal	Coconut Mini dark chocolate chips Almond or Cashew Milk
20	Octoberfest	Pork Schnitzel with homemade applesauce and egg noodles	Stevia sweetener Cinnamon Italian bread crumbs Egg noodles	
21	Halloween	Chicken and Pumpkin Waffles	Canned pumpkin Dry Pancake or waffle Mix Maple Syrup or honey Pumpkin Pie spice	
22	Military Appreciation Month	One Pot Chili Pasta	Tomato sauce Canned diced tomatoes Whole wheat macaroni Canned black Beans Canned green chilies	
23	Thanksgiving	Turkey Meatloaf	Stuffing Mix Cranberry sauce Slivered almonds	Frozen green beans
24	Christmas	Biscuits and Gravy	Whole Wheat Flour Evaporated milk White Flour Baking powder and soda	Canned green peas Chicken broth
25	New Years	Pork and Sauerkraut	Sauerkraut Bread Crumbs Apple Sauce-No Sugar Added Dark Chocolate	