

# Today's Breakfast Menu: Economics & Nutrition

**Each item on today's menu was carefully chosen for its economically smart nutrient content.**

## **Whole Petite Bananas and Tangerines**

*Bananas are great for potassium which is good for muscle function. They are an economical fruit as their price per pound does not often fluctuate during the year. Tangerines are high in vitamin C and are part of the citrus family, which is in "season" during the cold northern months. Choose produce in season as a way to save money on fresh fruits.*

## **Warm Oatmeal**

*A nutritional powerhouse, oatmeal is one of the most economical whole grains. Compared to a commercially processed oat-based cold cereal alternative @ 19¢/serving, old fashioned oats run @ 9¢/serving! In meatloaves, cookies or on its own, oatmeal provides fiber, micronutrients and fills you up for much less.*

## **Oatmeal Toppings: Sliced Fresh Apple, Raisins, Brown Sugar**

*Apples and dried fruit are easy add-ins to hot cereal. Look for smaller-sized apples in tote bags or bulk plastic bags. Smaller apples are the perfect portion for children and great in lunch boxes or for snacking. A handful of raisins makes a great high fiber snack. Keep the portion to a handful as dried fruit can be a concentrated source of calories.*

## **Well Balanced Breakfast Cookies**

*These homemade cookies are chock full of nuts, seeds, whole grains and fruit. Purchasing dried fruit and nuts in bulk is an economical way to keep these items on hand for nutrient rich snacks or as ingredients in a homemade "granola bar". By making bars at home, you can control the ingredients such as the amount of sugar to fit your health needs.*

## **Orange Juice from Concentrate**

*At @ 16¢/4 oz. serving, concentrated 100% juices provide the same nutrition for less cost when compared to "fresh squeezed" cartons at 20¢/4 oz. Some research supports the idea that concentrates retain even more nutrition than "fresh" as the fruit is often processed quickly after harvest, retaining a higher nutrient content.*

## **Low Fat Milk**

*The American Academy of Pediatrics and the American Heart Association encourage a switch from whole to low or non fat milks after the age of 2. The switch from whole to 1% low-fat can save an average of 30 calories, mostly from saturated fat, for every 8 oz. glass consumed.*

## **Bulk Plain & Strawberry Yogurt**

*Purchasing yogurt in bulk containers is more economical. Adding seasonal fruit or jarred fruit preserves is a way to make homemade fruited yogurt. A 32 oz. container of plain yogurt can cost @ 54¢ per 6 oz. portion compared to 68¢ for a standard individual portion cup of a fruited yogurt.*



# Today's Lunch Menu: Economics & Nutrition

**Each item on today's menu was carefully chosen for its economically smart nutrient content**

## **Tuna Nicoise Salad with Romaine and/or Green Leaf Lettuce**

*A 12 oz. can of chunk light can run more than a \$1.00 less than solid white albacore. Skip the pouches and purchase cans for additional savings. Choose water packed instead of oil to save fat and calories. Buy the larger sizes for more economy. Make up a salad such as our Nicoise, or add to a casserole for an economical, high protein meal. Pair with darker greens for added vitamin A.*

## **Chicken Thighs**

*Boneless chicken thighs are great for high biological value protein at a fraction of the cost of boneless chicken breasts. Full of flavor and with the same nutrients as white meat chicken, chicken thighs can save up to 60¢ per 3 oz. portion. Boneless thighs are an easy substitute for chicken breast. Dark meat chicken also has a slightly higher iron content than its light counterpart.*

## **Vegan Chili with Cornbread**

*Chili is a comforting food in the cold winter months and can easily simmer in a slow cooker all day for a delicious meal when you get home. Made with cost-effective canned tomatoes and beans, chili is a super source for fiber and vitamins A & C. To keep costs down, prepare it vegan-style without added meat. Pair vegan chili with cornbread and you have an easy protein and nutrient packed supper that makes great leftovers for lunch the next day.*

## **Brown Rice**

*Rice is one of the most economical staple grains available. Brown vs. white rice provides you with micronutrients, B vitamins & fiber from this whole grain. Go for the real deal and skip the quick cooking varieties for better pricing. A 1lb. bag runs @ 10¢/oz. compared to a 14 oz. box of quick cooking rice for almost 18¢/oz.*

## **Seasonal Vegetables**

*Choosing produce in season is a good way to save money on fresh vegetables. "Locally grown" has a variety of definitions. Supermarkets and cities are attempting to bring local produce into urban areas. Some states offer incentives to SNAP participants as a way to encourage the purchase of fresh fruits & veggies. When fresh isn't available, frozen is a good alternative. Frozen veggies & fruits are often picked and processed right near the farm which helps to retain nutrient goodness.*

## **Seasonal Fruit with Strawberry Yogurt Dip**

*Purchasing fruit in season is one way to get the best nutritional bang for your buck with these Vitamins A & C powerhouses. Making a simple dip from bulk purchased fruited yogurt adds some calcium too!*

## **Brownie Bites**

*We all need a little dessert! These bites are portion controlled for just a little sweet after a meal. Serving desserts in smaller portions not only keeps calories in control, but also gives you more servings per batch to help stretch cost.*

