Baked Flaked Chicken

Entrée, serves 8, 4 ounces (115 g) cooked chicken per serving

Prep time: 15 minutes – Cook time: 20-25 minutes

2 lb = $6.98

3 cups = $0.57

¼ cup = $0.06

1/3 cup = $0.14

2 eggs = $0.47

½ tsp = $0.003

2 sec spray = $0.02

¼ tsp = $0.03

Total grocery cost = $22.66

Cost per serving = $1.03

$8.27 per recipe

Share Our Strength, www.strength.org
Ingredients: Boneless Chicken, Corn Flakes (Milled Corn, Sugar, Salt, Malt Syrup), Eggs, Pepper, Salt, Whole Wheat Flour (Certified 100% Organic Hard Red Wheat), 1% Low Fat Milk (Lowfat milk, Ascorbic Acid (Vitamin C), Vitamin A, Palmitate & Vitamin D₃)
Hearty Egg Burritos

Breakfast, serves 4, 1 burrito (266 grams) per serving

Prep time: 20 minutes – Cook time: 20 minutes

3 green onions = $0.17

1 clove = $0.05

2 oz = $0.97

$0.89

1 tsp = $0.02

4 eggs = $0.93

1/4 tsp = $0.47

4 tortillas = $1.04

2 sec spray = $0.02

1/4 tsp = $0.03

Total grocery cost = $26.70

Cost per serving = $1.37
Hearty Egg Burritos

Ingredients: Whole Wheat Flour Tortillas (Whole Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Salt, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Mono and Diglycerides, Sugar, Fumaric Acid, Potassium Sorbate, Rice Flour, CMC Gum, Calcium Propionate, Wheat Starch, Enzymes, Xanthan Gum) Eggs, Green Pepper, Black Beans (Black Beans, Water), Cheddar Cheese (Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto {Vegetable Color}) and Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt Enzymes). Potato Starch, Corn Starch and Calcium Sulfate Added to Prevent Caking. Natamycin (a Natural Mold Inhibitor), Garlic, Green Onions, Cumin, Black Pepper, Canola oil
Stove Top Macaroni and Cheese

Side dish, serves 8, 1 cup per serving

Prep time: 20 minutes – Cook time: 20 minutes

$0.79

5 oz = $1.80

$1.00

1.5 C = $0.75

$0.17

2 tbsp = $0.02

½ tsp = $0.003

½ tsp = $0.10

4 tbsp = $1.25

$5.59 per recipe

Total grocery cost = $19.02
Cost per serving= $0.06
Stove Top Macaroni and Cheese

Nutrition Facts
Serving Size 1 Cup
Servings Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 340</th>
<th>Calories from Fat 90</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>% Daily Values*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
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<tr>
<td>Saturated Fat</td>
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<td>30%</td>
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<tr>
<td>Trans Fat</td>
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<tr>
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<tr>
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<td>Dietary Fiber</td>
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<tr>
<td>Protein</td>
<td>16g</td>
<td>32%</td>
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*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: broccoli, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto (color), potato starch, cornstarch and calcium sulfate added to prevent caking, natamycin (a natural mold inhibitor), whole wheat macaroni (whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber), nonfat milk, unsalted butter (sweet cream, natural flavoring), all-purpose flour, salt, ground black pepper, light cream cheese (pasteurized nonfat milk and milkfat, whey protein concentrate, cheese culture, salt, guar gum, carob bean gum, sorbic acid as a preservative*, vitamin A palmitate. *ingredients not in regular cream cheese.
Yogurt Parfait
Breakfast, 6 servings per recipe, 1 parfait (239 grams) per serving
Prep Time: 10 minutes – Cook time: None

3 cups yogurt = $1.94
4 cups frozen fruit = $4.38
1.5 cups granola = $1.10

$7.42 per recipe

Total grocery cost = $14.87
Cost per serving = $1.24

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Yogurt Parfait

Ingredients: Fresh or Thawed Frozen Fruits (Bananas, Strawberries, Blueberries, Blackberries, Raspberries, Peaches or Mango), Nonfat Plain Yogurt (Cultured Pasteurized Grade A Nonfat Milk, Nonfat Milk Solids, Active Yogurt Cultures: L. Bulgaricus, S. Thermophilus, Bifidobacterium B8-12, L, Acidophilus, L. Casei.), Granola (Whole Grain Rolled Oats, Brown Sugar, Whole Grain Rolled Wheat, Canola Oil, Almonds, Dried Unsweetened Coconut, Nonfat Milk, Honey, Natural Flavor, Soy Lecithin).