

# FAMILY MENU

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## DINNERS-

### Mexican

- **Tacos**—ground beef, refried beans, cheese, sour cream, guacamole, lettuce, tomato, tortilla chips, salsa, taco seasoning
- **Nachos**—ground beef, refried beans, black beans, corn, cheese, sour cream, guacamole, chips, salsa, taco seasoning
- **Quesadillas**—flour tortillas (plus nacho items)
- **Mexican Lasagna**—flour or corn tortillas (plus nacho items)
- **Black Bean Soup** black beans, corn, refried beans, taco seasoning, Krusteaz cornbread (oil, egg, milk)

### Italian

- **Pasta bake** pasta, sauce, mozzarella cheese, garlic bread, salad (lettuce, veggies, dressing)
  - With veggies—roasted peppers or zucchini, yellow squash, and onions or any veggies
- **Lasagna**—lasagna, noodles, sauce, meat (or just Spinach), mozzarella cheese, egg, cottage cheese, garlic bread, salad (lettuce, veggies, dressing)
- **Pita Pizza**—pita, mozzarella cheese, veggies, sauce, goat cheese, salad (lettuce, veggies, dressing)
- **Homemade Deep Dish Pizza**—flour, yeast, butter, tomato sauce, stewed tomatoes, tomato paste, green pepper, onion, salad
- **Baked Mac-n-Cheese**—macaroni, sharp cheddar cheese, onion, green beans, rolls or biscuits.
- **Spicy Bow Tie Pasta**—bow tie pasta, olive oil, roasted green beans and zucchini, sun-dried tomatoes, pecans (to roast), red pepper flakes, bread/rolls, salad
- **Penne Pasta w/ sour cream**—Pasta, sauce, sour cream, smoked provolone cheese, bread, salad
- **Spaghetti w/ meat sauce**—spaghetti, ground beef, sauce, salad, bread, salad
- **Goulash**—macaroni, ground beef, chili beans, diced tomatoes, onions, chili powder, cumin, cornbread (oil, eggs, milk)

### On the Grill

- **Chicken**—chicken breast, broccoli or other veggie, rice or potato (sweet, baked, roasted)
- **Burgers**—ground beef, buns, cheese, lettuce, tomatoes, pickle, ketchup, mustard, fries, sweet corn or other veggie
- **Hot Dogs**—hot dogs, buns, ketchup, mustard, pickle relish, baked beans, potato salad
- **Salmon**—frozen salmon, asparagus or other roasted veggie, rice or potato (sweet, baked, roasted)
- **Omelets**—eggs, cheese, veggies, tater tots or roasted potatoes, ketchup
- **Veggie/Chicken Skewers**—peppers, onions, mushrooms, rice, stir fry sauce or sweet and sour sauce, (chicken breast)
- **Veggie and Tofu Skewers**—peppers, onions, mushrooms, rice, stir fry or sweet and sour sauce

### Other Dishes

- **BBQs**—ground beef, buns, ketchup, mustard, BBQ sauce, roasted asparagus or other veggie, roasted potatoes
- **Chicken Bowl**—marinated chicken, yellow squash, zucchini, blue cheese, walnuts, spinach
- **Veggie/Chicken/Tofu Stir Fry**—broccoli, peppers, onions, mushrooms, pea pods, rice, sauce, bread (add tofu or chicken breast)
- **Meatloaf**—ground beef, bread crumbs, green pepper, onion, ketchup, mustard, BBQ sauce, brown sugar, roasted asparagus or other veggie and roasted potatoes
- **Meatloaf sandwiches**—leftover meatloaf, bread, mayo, lettuce, chips

### Soups

- **Broccoli Cheese Soup**—flour, broccoli, butter, sharp cheddar cheese, onion, vegetable or chicken broth, milk, bread/crackers
- **Veggie/Meat Chili**—zucchini, yellow squash, onions, corn, beans (chili beans, kidney beans, black beans), tomatoes (sauce, diced, paste), chili powder, cumin, (ground beef), cornbread
- **Baked Potato Soup**—baked potatoes, onions, flour, butter, milk, vegetable or chicken broth, cheese, green onions, bread/crackers

# LEEB FAMILY MENU-CONTINUED

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## LUNCHES-

- Leftovers**—remember that lunch is a great time not to let anything go to waste!
- Peanut Butter and Jelly**—with veggies and fruit
- Grilled cheese**—with tomato soup and fruit
- Grilled Peanut Butter and Jelly**—with veggies and fruit
- Turkey sandwiches**—with veggies and fruit
- Homemade Lunchable**—cheese stick, rolled turkey slices, crackers, fruit, veggies (sometimes with hummus), a little treat
- Egg Sandwich**—with veggies and fruit

## BREAKFASTS-

- Oatmeal**—with cinnamon, brown sugar (or maple syrup), and raisins, cranberries or blueberries and milk
- Fried Egg**—with toast or fruit (usually something leftover that needs to be eaten) and milk
- Scrambled Eggs**—with toast or fruit and milk
- Cereal and Yogurt**—mix some cereal in with some yogurt and you're all set!
- Cereal and Milk**—granola is a favorite
- Peanut Butter and Jelly Toast**—with milk
- Cereal Bar**—as healthy as you can find
- Waffles**—on weekends only
- Pancakes**—on weekends only
- French Toast**—on weekends only

## SNACKS-

- Dried Fruit (like raisins, cherries, or cranberries) with almonds**
- Pretzel sticks**
- Orange slices**
- Apple slices with peanut butter**
- Banana with peanut butter**
- Fruit Snacks (only as a special treat and only the ones that are made with real fruit and no dyes)**
- Lara Bars (These are awesome! They have very few ingredients and are healthy. My kids love them, but we only get them for a special treat because they are expensive)**
- Sometimes a special dessert after dinner**

# SOUP RECIPES—WITH ONLY 4 STEPS OR LESS!

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## 1. Playdate Black Bean Soup:

### Ingredients-

- 1 can of refried beans
- 1 can of black beans
- 1 cup of frozen sweet corn
- 1 packet of taco seasoning

### Directions-

1. Combine all ingredients with ½ can of water. Stir.
2. Heat and serve.
3. Top with sour cream, cheese and eat with tortilla chips. Enjoy!

## 2. Broccoli Cheddar Soup

### Ingredients:

- 1 head of broccoli chopped or 1 bag of frozen broccoli
- 1 small onion diced
- Less than 1 T of olive oil
- 4 cups of cheddar cheese  
(I prefer sharp cheddar for a really cheesy taste)
- 4 cups of milk
- 4-5 T of flour used to thicken
- 1 container of vegetable or chicken broth
- 1 t salt

### Directions:

1. In a small skillet, heat up the olive oil and saute the onions until tender.
2. In crock pot or large pot, combine chopped broccoli, onion, cheese, milk, flour and salt.
3. For crock pot, heat on low for at least 4 hours. Stir occasionally. For stove top, heat on medium to high heat until broccoli is thoroughly cooked and soup begins to boil. Stir often.
4. Enjoy with soda crackers or biscuits.

## 3. Ruth's Vegetable Soup

### Ingredients:

- 2 cups vegetable broth
- 4 cups vegetable juice (V-8 Low Sodium)
- 1 package frozen mixed vegetables
- 1/2 tsp. Italian seasoning
- 1/4 tsp. black pepper
- 1 cup orzo pasta

### Directions:

1. Combine all ingredients.
2. Bring to a boil. Lower heat and simmer for 8 minutes uncovered.