

Mustang Garden

Meal Planning

After Thanksgiving, meal planning and nutrition were definitely on everyone's mind. The students worked in teams to Plan a well-balanced meal to feed four people for \$25.00. The meal had to include a drink, a main dish, two vegetables, a fruit and a bread. We used grocery store flyers to price each item on our menu. The example below is for a chicken broccoli dish with mango rice.

	Serving	Quantity	Costs
Drink	Milk	32 oz.	\$2.00
Main Dish	Chicken	16 oz.	\$10.00
Vegetable	Broccoli	10 oz.	\$1.00
Vegetable	Peppers	1 Red Bell	\$1.29
Fruit	Mango	2	\$3.20
Bread	Rice	2 cups	\$1.29
		Total Cost	\$18.78

We did not include the prices for staples used in making a dish such as oil, sugar, and any spices. These items would already be on hand at home.



Nutrition Labels

Students were challenged to find products with at least 20% of one of the nutrients listed and then try the product. For example:

- Vitamin A - Sweet Potato
- Vitamin C - Strawberries
- Iron - Dried Apricots
- Calcium - Kale
- Fiber - Avocado



Enjoy Winter Break with family and friends. May 2017 be filled with love, peace, and joy.