

THANKSGIVING RECESS
MEAL BOX



BREAKFAST

Oatmeal with Peaches

Enjoy with milk (8 oz) as a beverage.

Ingredients:

- ✓ ½ Cup Oats
- ✓ 1 Cup Water
- ✓ ½ Cup Peaches

Directions:

1. Mix oatmeal and water in a microwave safe bowl.
Optional: Add ½ tsp cinnamon and 2 tablespoons of maple syrup to your oatmeal before microwaving for a delicious sweet treat.
2. Microwave for 2 minutes.
3. Add diced peaches to oatmeal and stir to combine.

LUNCH

Eggs & Toast

Enjoy with milk (8 oz) as a beverage and carrots and celery on the side.

Ingredients:

- ✓ 1 Slice Bread
- ✓ 1 Liquid Egg Equivalent
- ✓ ¾ Cups Assorted Veggies (Diced Carrots, Onion & Celery)

Directions:

1. Toast bread in a toaster.
2. Heat oil or butter in pan over medium heat (or use nonstick pan).
3. Add onion and cook for 3 minutes.
4. Add egg and cook until no longer runny. Scramble if you like!

BONUS SIDE DISH

Holiday Stuffing

Use the bread, carrots, onion, and celery to create a delicious side dish.

Ingredients:

- ✓ ½ Loaf Bread
- ✓ ½ Onion
- ✓ 2 Stalks of Celery
- ✓ 2 Long Carrots

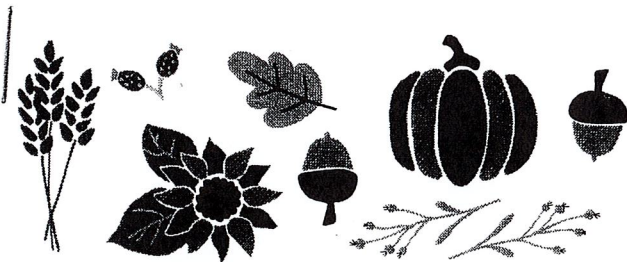
Additional Ingredients Needed:

- ✓ 3 Tbsp. Butter
- ✓ ½ Teaspoon Dried Rosemary
- ✓ ½ Teaspoon Dried Thyme
- ✓ ¼ Teaspoon Dried Sage
- ✓ ½ Cup Chicken Broth

Directions:

Preheat oven to 325°F

1. Cube bread into 1 inch cubes.
2. Dice celery, carrots, and onion.
3. In a large pot, melt butter. Add onion, carrots, and celery. Cook for 5 minutes.
4. Add in cubed bread, spices (rosemary, thyme, and sage), and chicken broth. Stir.
5. Grease a rectangular baking dish with cooking spray. Place stuffing in baking dish and cover with aluminum foil and bake for 20 minutes.
6. Uncover and bake for an additional 15-20 minutes or until golden brown.



LET US KNOW!

Will you want a Meal Kit for over Thanksgiving Recess?

Call (315) 435-4207

Your call will help us determine how many kits to prepare. Meal Kits will be distributed on **Tuesday, November 24** at all Grab-&-Go sites on a first come, first serve basis.



SC SYRACUSE CITY SCHOOL DISTRICT

Have a wonderful long weekend!
Meal distribution will begin again on Monday, November 30.

Bagged/Box Together:

- 2 FF Chocolate Milk ½ Pints
- 1 Quart Diced Peaches
- 5 Ranch PCs
- 5 Oatmeal Packs or 2.5 Cups Bulk Oats
- 1 Each Onion
- 4 Long Carrots
- 4 Celery Stalks
- ½ Loaf Bread
- Liquid Egg Container
- Recipe Card

Distribute With Each Meal Kit:

- 1 each white 1% Milk ½ gallon