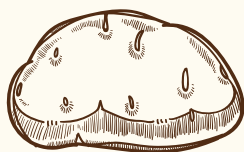


Diabetic Vegetarian Menus

#1 Total Amount (\$4.86)

Breakfast

Bran flake muffin (\$0.15)
Apple (\$0.49)

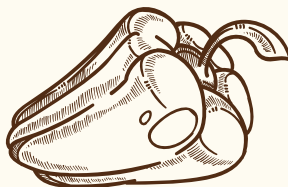


Lunch

Vegetarian stuffed bell pepper (\$0.97)
Side salad with light dressing (\$0.29)

Snack

Celery and carrots (\$0.34)
peanut butter (\$0.14)
Glass of low-fat milk (\$0.22)



Dinner

Vegetable cheese soup (\$0.69)
Grain medley with quinoa (\$1.18)
Strawberries (\$0.39)



#2 Total Amount (\$2.62)

Breakfast

Dutch Apple Yogurt made with Greek yogurt (\$0.44)
Quarter cup of Bran cereal as topping (\$0.05)

Lunch

Brunswick Stew with Tofu (0.66)
Glass of low-fat milk (\$0.22)

Snack

Rainbow Veggie Salad (\$0.34)

Dinner

Southern Rice and Beans (\$0.59)
Banana and peanut butter (\$0.32)

#3 Total Amount (\$3.14)

Breakfast

Sweet potato patty (0.18)
2 Eggs (\$0.21)
Glass of low-fat milk (\$0.22)

Lunch

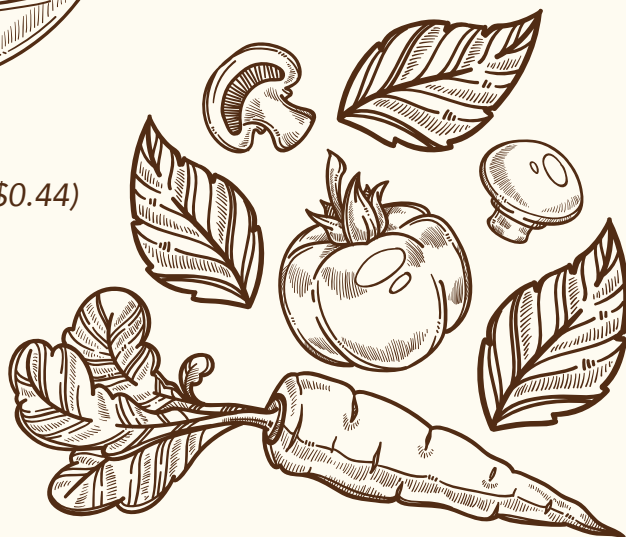
Green bean & egg pasta salad (\$0.54)
Apple (\$0.49)

Snack

Celery and carrots (\$0.34)
Peanut butter (\$0.14)

Dinner

Pumpkin & White bean soup (\$0.41)
Strawberries (\$0.39)
Glass of low-fat milk (\$0.22)



Compiled by Dr. Debie Head, Associate Professor/
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