



Student Food Drive Poverty Diet Challenge

Sample Meals Under \$3.43 per day

BREAKFAST

Hy-Vee old-fashioned oats (1 cup)
Midwest County Fare skim milk (1 cup)
Banana (1)

LUNCH

Hy-Vee light tuna (in water) (2 oz)
Hy-Vee salad dressing (1 tbsp)
Hy-Vee 100% whole wheat bread (2 slices)
Midwest County Fare applesauce (2/3 cup)
Midwest County Fare frozen mixed vegetables (2/3 cup)

SNACK

Hy-Vee fruit cereal bar (1)

DINNER

Hy-Vee 100% whole wheat spaghetti (1 cup)
Midwest County Fare spaghetti sauce (1/2 cup)
85%-lean ground beef (4 oz)
Midwest County Fare skim milk (1 cup)
Midwest County Fare canned green beans (1/2 cup)

SNACK

Hy-Vee frozen no-sugar-added fudge lite bar (1)

Total: \$3.32
* per serving

BREAKFAST

Hy-Vee peanut butter (2 tbsp) (17.3 oz jar)
Hy-Vee 100% whole wheat bread (2 slices)
Midwest County Fare skim milk (1 cup)

LUNCH

Hy-Vee salsa (2 tbsp)
Hy-Vee instant brown rice (1/2 cup)
Hy-Vee whole wheat tortilla (2)
Hy-Vee canned black beans (1/2 cup)
Midwest County Fare tomato soup (1 cup)
Midwest County Fare canned fruit cocktail (1/2 cup)

SNACK

Hy-Vee low-fat strawberry yogurt (1 cup) (32-oz container)

DINNER

Hy-Vee bean soup mix (in a bag) (1/4 cup)
Midwest County Fare corn (1/2 cup)
Hy-Vee petite diced tomatoes with garlic and onion and olive oil (1/2 cup)
Midwest County Fare chicken broth (1 cup)
Hy-Vee 100% whole wheat bread (1 slice)
Hy-Vee American cheese (1 slice)

SNACK

Midwest County Fare graham crackers (2 whole crackers)

Total: \$3.40
* per serving

Prepared by: Stacy Mitchell, RD, LD Bettendorf Hy-Vee Registered Dietitian

** all prices affiliated with 2200 Devils Glen Rd. Bettendorf Hy-Vee*