

WIC MENU IDEAS

JUICES

Tuna Casserole
Spinach Salad with Dressing
Bread Slice
Milk/Juice
Carrot Cake

Orange Chicken
Broccoli Spears
Baked Potato
Dinner Roll
Milk/Juice
Chocolate Pudding

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JUICES

WIC fruit juices provide the vitamin C needed to fight disease and heal wounds. Vitamin C also helps the body absorb and use the iron obtained from other foods.

Ways To Use WIC Juices

- Use apple, pineapple or orange juice for a part of the required water in cooked cereal.
- Combine several of the WIC juices to make a fruit punch - such as pineapple and orange juices.
- Make popsicles. Pour a WIC juice into an ice cube tray, add sticks and freeze.
- When making salad dressing, use a WIC juice for part of the vinegar.
- Soak shredded carrots in orange juice for a delicious snack.
- Serve orange or other juices at lunch and dinner, or as a snack any time.
- Cook carrots in orange juice for a special taste treat.
- Pour a small amount of fruit juice over a dish of fresh or canned fruit.

Recipes Using WIC Juices

CARROT-PINEAPPLE SNACK

2 c pineapple juice* ½ c diced raw carrots
1 T lemon juice ½ tsp basil

Combine all ingredients in blender or jar (Makes 4-6 servings.)

ORANGE CHICKEN

6 oz frozen orange juice, thawed* ½ tsp garlic powder
¼ c teriyaki sauce ¼ tsp black pepper
8-10 pieces frying chicken 1 T minced onion
1 tsp parsley flakes

Combine all ingredients, except chicken. Let stand 10 minutes. Marinate chicken in mixture 8 hours or overnight. Bake or grill.

ORANGE BALLS

1 lb graham crackers, crushed 1 lb powdered sugar
1 6 oz can frozen orange juice* Flaked coconut
1 stick margarine, melted

Mix first 4 ingredients together. Shape into 100 small balls and roll in flaked coconut. Store in refrigerator.

EASY CARROT CAKE

1 package yellow cake mix ¼ c orange juice*
1½ c carrots, grated

Mix ingredients together. Bake as directed, but may take 15 minutes longer. Glaze with mixture of powdered sugar and orange juice or serve plain.

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon