



August Sunshine Pop-up Pantry Menu

Your boxes this month contain the ingredients to make the following meals. The recipes for these dishes are included in this packet.

Hamburgers with Corn*

Creamy Pasta Primavera with Sauteed Veggies

Sheet Pan Chicken Drumsticks with Roasted Vegetables

Pizza

**Unfortunately we were unable to get hamburger buns.*

Extras included in this month's delivery include:

Granola Bars

Cereal

Grapes

Cinnamon Buns

Pancakes

Chayote Squash - a strange looking green vegetable :)

We are eternally grateful to our partner Sunshine Brewing Co. and for the generous donations from Lake Mills community members!



Community Resources

The Bread Basket
Multiple pop-up pantries
throughout Jefferson County
<https://www.facebook.com/BreadBasketWisconsin>

Ruby's Pantry - Jefferson
4th Wednesday of every month
<https://www.facebook.com/RubysPantryImmanuelUMCJeffersonWI>

Lake Mills Food Pantry
920-648-2800
720 E. Lake St., Lake Mills

Second Harvest - Marshall/Waterloo
4th Friday of every month
Holy Trinity Lutheran Church, 605
Madison Street, Marshall
Start time: 1:00 pm until all food is
distributed.
No restrictions, EVERYONE in need
is welcome and served. No ID
necessary.

Second Harvest - Fort Atkinson
2nd Thursday of every month
St Joseph's Catholic Church, 1650
Endl Boulevard, Fort Atkinson
Start time: 2:00 pm until all food is
distributed.

Recipes

Creamy Pasta Primavera with Sauteed Veggies

Ingredients:

1 box angel hair pasta
2 Tbsp oil
1 container roasted
garlic cheese spread
4 cloves garlic
2 carrots peeled and
sliced into ¼ inch slices
2 cups chopped broccoli
1 zucchini halved &
sliced
1 leek bulb sliced
1 chayote squash
deseeded & chopped
1 lime

Steps:

1. Boil Pasta according to package instructions.
2. While pasta is cooking, heat skillet to medium-high heat. Add 2 tablespoons oil.
3. Add vegetables to skillet (except lime). Season with salt salt and pepper and cook for 3-5 minutes or until veggies are crisp-tender. Set aside.
4. Right before the pasta is done cooking, reserve about ½ to 1 cup of the cooking water. Then drain pasta and return immediately to hot pot.
5. On VERY low heat, add cheese spread and about ¼ cup of the pasta water to the pasta. Stir, stir, stir, until cheese melts into the pasta—keep adding a little pasta water until you get to the desired creaminess (usually about ½ cup)
6. Stir in the veggies, toss and squeeze lime juice.
7. (Optional) top with parmesan cheese.
8. Serve.

Sheet Pan Chicken Drumsticks with Roasted Vegetables

Ingredients:

Chicken legs
Oil
Onion soup mix
Desired vegetables

Steps:

1. Preheat oven to 400°F.
2. Toss chicken drumsticks and veggies in olive oil and onion soup mix.
3. Spread chicken drumsticks and all the veggies onto a sheet pan.
4. Roast for 30 minutes or until chicken drumsticks are cooked through.



Lake Mills Children's Clothing Giveaway

For families in need who reside in the LM Area School District (children's sizes 0 - Juniors)



August 23-24, 2022



@ Lake Mills United Methodist Church

WHEN:

Tuesday, August 23, 11 a.m. to 4 p.m.
Wednesday, August 24, 9 a.m. to noon

WHERE:

United Methodist Church
271 E. Prospect St.
Lake Mills, WI

MORE INFO AT SUNRISE REACH.ORG