



## July 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.

**No Boil Spaghetti Bake**

**Baked Chicken Drumsticks with Broccoli & Stuffing**

**Sheet Pan Fajitas**

**Chili Topped with Shredded Cheese**

Extras included in this month's delivery include:

**Granola Bars**

**Pears**

**Mangos**

**Yogurt**

*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.

No restrictions, EVERYONE in need  
is welcome and served. No ID  
necessary

## Recipes

### No Boil Spaghetti Bake

#### Ingredients:

1 lb ground beef  
1 box spaghetti  
2 15 oz cans pasta  
sauce  
2 cups water  
3 cups shredded cheese

#### Steps:

1. Preheat oven to 425 degrees
2. Layer the spaghetti in a single layer in the baking pan
3. Add the water and pasta sauce, stir everything well with the spaghetti.
4. Cover and bake for 30 minutes.
5. After 30 minutes of baking, remove the foil and add 2 cups of shredded cheese
6. Bake uncovered for 10 minutes or until cheese starts to melt.
7. Once the cheese starts to melt, gently stir the contents so the melted cheese will blend with the spaghetti.
8. Top the spaghetti with the remaining cheese (you may add little more cheese if you wish) and bake for another 10 minutes or until the cheese is all melted and started to brown.
9. Serve!

## Baked Chicken Legs

### Ingredients:

Chicken legs  
Oil  
Salt  
Pepper

### Steps:

1. Preheat the oven to 425 degree F.
2. Lightly spray baking sheet with non-stick cooking oil. Set aside.
3. Remove drumsticks from packaging. Pat them dry with paper towels. Place into a bowl or resealable plastic bag. Add oil oil and toss to coat.
4. Place drumsticks on the baking sheet.
5. Lightly salt and pepper.
6. Place in a preheated oven and bake for 40-45 minutes or until the internal temperature is 165 degrees or higher.

## Sheet Pan Chicken Fajitas

### Ingredients:

1 package taco seasoning  
1 tbsp oil  
2 lbs boneless skinless  
chicken breasts, cut into thin  
slices  
Sliced mini peppers  
Sliced jalapeno (optional)

### Steps:

1. In a large bowl make a marinade using the taco seasoning and olive oil
2. Toss the chicken, peppers, and jalapeno together with the marinade. If you have time, allow to marinate, covered for 1 hour. If not, bake right away.
3. Preheat oven to 375° F.
4. Spread the chicken and vegetable mixture onto a rimmed sheet pan.
5. Bake for 15-20 minutes, or until meat is cooked through. If you want to add some char to meat and veggies, broil for another 3 minutes.
6. Serve on warm tortillas.
7. Top with chopped jalapeno, shredded cheese, and/or avocado