

KID APPROVED

Breakfast, Lunch, Snack Options

Breakfast

Eggs (scrambled, fried, or poached) with bacon, sausage, or ground turkey	Homemade granola
Whole wheat pancakes with fruit	French toast
Homemade oatmeal with fruit (peaches, apples, or blueberries)	Whole wheat mini bagel and cream cheese
Corn bread and sausage muffins	Ground turkey/sweet potato hash w egg
Zucchini or Pumpkin bread	Frittata
Yogurt with fruit and honey	Toast with nut butter
Avocado on toast	Fruit and cream cheese on toast

Lunch

MAINS	MAINS
Sandwich (ham, turkey, or egg salad)	Turkey roll-ups
Pasta w ground turkey and sauce	Homemade chicken nuggets
All beef hot dogs	Beans and rice
Mac and cheese w broccoli	Lentils and quinoa
Soup	
Black bean burrito	Match above w any of these sides:
Hard boiled eggs	Veggies (cucumbers, baby carrots, cherry tomatoes, baby bell peppers)
Ravioli	Fruit (apples, berries, mango, melon, mandarins, etc)
Ham and cheese muffins	String cheese or babybel cheese
Meatballs	Fruit leather

Snacks

Greek yogurt with fruit and honey	Homemade tortilla chips with salsa
Veggies with dip (guacamole, salsa, or hummus)	Apple chips
Trail mix	Hard boiled eggs
Dried apricot or mango	Plantain chips
Meat jerky	Banana chips
No sugar applesauce	Popcorn
Frozen mango	Fruit leather
Banana and nut butter	Kohlrabi rounds
Apple slices with cinnamon	Crackers w cheese and fruit
Wheat crackers and cheese	Homemade granola bars
String cheese	Protein balls
Kale chips	Homemade tortilla chips