

MEAL PLANNING IDEAS FOR KIDS

Breakfast of Champions

- Toasted English muffin with peanut butter and banana and a glass of milk
- Cold cereal with fresh fruit and milk
- Heated leftover cheese and veggie pizza
- Crackers and cheese with orange wedges
- Carton of yogurt, an apple, and wheat toast
- Ham & cheese sandwich with chocolate milk
- Heated leftover mac & cheese with an apple
- Instant oatmeal, canned peaches and milk
- Baby carrots, mozzarella cheese stick and a bagel
- Cottage cheese, canned fruit and graham crackers
- Peanut butter and a banana and milk
- Bagel with peanut butter topped with berries, raisins, or a banana
- Yogurt with granola and fresh berries
- Waffles topped with peanut butter and fruit with milk
- Pita pocket or tortilla with fruit and cheese with milk

Pack the Power Lunch!

- Vary the type of bread you use for sandwiches. Use bagels, rolls, pita pockets, English muffins, raisin or multigrain bread to make it interesting. Cut it into cool shapes by using cookie cutters.
- Use fun-shaped and colored pasta to create a great pasta salad. Wagon wheels, shells, bowties, or ABC pasta are examples.
- Chicken, tuna, or egg salad served on a pita or with crackers and cheese.
- Have the deli slice thick slices of lean lunch meats so you can cut them into cool shapes.
- Jazz up PB&J by adding raisins, carrot coins, or bananas.
- Create the favorites with different colors. Send homemade bread made with blue food coloring or bright pink celery.
- Add crunchy veggies to sandwiches. Try cucumbers, peppers, onions, or carrot coins.
- Create your own lunchable with your cookie cutter and thick slices of deli meat. Add crackers and fruit and away you go!

Dinners for Winners

- Add veggies to your casseroles. Try broccoli, cauliflower, carrots, or peppers in your macaroni and cheese or spaghetti.
- Heat up your choice of rinsed, canned beans with salsa, cheese, and corn in a tortilla.
- Top baked potato with plain low-fat yogurt, salsa, cheese, and chili.
- Bake/Grill fish or chicken & top with mango/peach salsa. Serve with spinach salad.
- Top spinach leaves with baked chicken, eggs, cheese, dried fruit and nuts. Use cottage cheese or low-fat dressing to top.
- Make your favorite canned soup, but throw in a bag of frozen veggies to make it more hearty. Add diced chicken or ham.
- Make a Mexican meal with nachos or tortillas topped with black beans, lean beef or chicken and lots of vegetables.
- Stir-fry frozen Chinese vegetables with chicken or steak strips. Add your choice of rinsed, canned beans. Place it on a small bed of wild or brown rice.

Snack Attack

- High-fiber cereal with milk and fruit.
- Cheese or peanut butter with an apple or banana.
- One-half of a meat sandwich.
- Milk and graham crackers
- Veggie sticks with low-fat dip or dressing.
- Fruit with milk or yogurt.
- Peanut butter on carrots and celery.
- Fruit & yogurt parfait with nuts or granola
- Pudding cups.
- Cheese and crackers
- Popcorn
- Cottage cheese with fruit
- Heated cheese pizza
- Half of a bagel and peanut butter with berries.
- Homemade trail or cereal mix.
- Homemade nachos
- Pretzels with melted cheese
- Tuna or chicken salad