



Try New Delicious-Nutritious Foods



Breakfast

- Ham-n-cheese grits
- French toast sticks (use whole wheat bread)
- Egg-n-cheese wrap with very mild salsa
- Strawberries w/ yogurt dip
- Blueberry pancakes topped w/ banana slices
- Cranberry scone
- Hash brown casserole (hash browns, cheese, eggs)
- Oatmeal (add different fruits or spices)
- Pumpkin, zucchini, or banana bread
- Tomato & cheese omelet

Lunch

- Chicken & broccoli stir-fry with brown rice
- Vegetable egg rolls w/ sweet and sour sauce
- Bean-n-cheese quesadilla w/ sour cream dip
- Tomato soup w/ grilled cheese sandwich
- Bean-n-cheese nachos w/ lettuce, tomato etc.
- Mini baked potatoes w/ light sour cream & melted cheese (use little red potatoes!)
- Mashed cauliflower (instead of mashed potatoes)
- Black beans & rice w/ dollop of sour cream
- Shepard's pie (mashed potatoes, frozen mixed veggies, light ground turkey, cheese)
- Chicken and dumplings with canned mixed veggies (can use canned biscuits)
- Veggie wraps (whole wheat tortilla, cream cheese, sliced cucumber, red pepper, tomato, and cheese)
- Vegetable lasagna
- Peanut butter & banana sandwich
- Veggie chili (use squash & carrots instead of beef)

Snack

- Arroz con leche (rice pudding) with sliced peaches
- Fruit-n-yogurt parfait (layered sliced fruit, yogurt, and granola)
- Home pureed frozen fruit pops
- Peanut butter apples
- Sliced roma tomatoes with mozzarella cheese and wholegrain crackers
- Baked cinnamon apples
- Vanilla wafers w/ banana dip (mashed bananas, flavored yogurt)
- Bean dip (hummus or home-made black bean dip) with whole wheat crackers and sliced red pepper
- Peanut butter topped rice cakes
- Pears topped w/ cottage cheese
- English muffin cheese pizza

Try New Foods and make them FUN!

Breakfast

Sailboat Eggs: Use ½ boiled egg. Slice cheese in half to make 2 triangles. Place a pretzel stick through the top and bottom corner of the cheese to make a sail. Stick the sail into egg yolk.

Eggs-cellent Basket: Take a piece of whole grain toast and cut a square out of the center. Scramble one egg. Place toast in skillet and pour egg into cut-out center. Cook thoroughly.

Nutter-Nanner Shake: Blend ¾ c fat-free milk, ¼ c frozen vanilla yogurt, ½ sliced banana, and 1 tbsp peanut butter. Serve with scrumptious whole grain muffin.

Lunch

Sandwich Shapes: Use assorted cookie cutters to make fun-shaped sandwiches (try hummus, turkey, and cucumber sandwiches or peanut butter and jelly).

Paradise ‘Taters: Scoop mashed potatoes into an island shape and stick steamed broccoli in the center.

Hidden Treasure Pizza: Steam sliced yellow squash. Use ½ English muffin and layer with tomato sauce, sliced squash, and top with cheese.

Snack

Razzle Dazzle or Very Berry Smoothie: Use ¼ c frozen raspberries or strawberries with 2 oz vanilla yogurt & blend! If necessary, thin with 100% fruit juice.

Rocky Dirt: Use vanilla and/or chocolate pudding (~ ½ c total). Mix in ½ sliced banana and crumble a graham cracker sheet on top.

Fruit Flowers: Use sliced banana or kiwi as the center. Cut up different fruits (i.e. halved strawberries) and arrange around the center to make a flower.

