

Meal Ideas

Protein	Grain	Fruit	Vegetable	other/condiments	
milk	cheerios	frozen blueberries	avocado slices on whole grain toast		
cheese slices	round crackers	watermelon	grape tomatoes		
cheese stick	noodles with red sauce	diced pears	cucumber slices	ranch dressing	
cubed cheese	mediterranean herb crackers	craisins	pepper slices		
shredded cheese	tortilla	grapes	shredded lettuce	salsa	black beans
non-dairy parmesan cheese	protein noodles	strawberries	house salad (shredded carrots, tomato, cucumber)	thousand island dressing	
sunbutter and jelly	whole grain white bread	apple slices	carrot sticks	hummus	
strawberry cream cheese	bagel	oranges	caesar salad		
yogurt	granola	nectarine slices	broccoli slaw	scooby doo snacks	
shredded cheese	single serve pizza crust	apple sauce	tomato sauce		
meatless meatballs	Barilla protein pasta	fruit cup	salad	italian dressing	
Quinoa pasta	animal crackers	pitted cherries	carrot/olives/ peppers (pasta salad)	vidalia onion dressing	
sunbutter and honey	wheat bread	banana	steamed broccoli		
egg salad	rice cake	diced peaches	celery sticks with soy nut butter	mayo/mustard	
pizza bagel		cantelope	Israeli salad		
Clif bar		fruit salad	corn salad (corn, peppers, pickles)	mayo	
strawberry yogurt	blueberry muffin	mandarin oranges	shredded carrots	sunflower seeds	
cheese	macaroni	blueberries	peas and carrots		
Gardein teriyaki chick'n strips	rice	raspberries	cabbage salad	Asian sesame dressing	La Choy crunchy rice noodles
Cheese	12 grain bread	diced mangos	lettuce, tomato, pickle spear	mayo	
meatless breakfast meat	pancakes/waffles	tropical fruit mix	spring salad mix	syrup	
egg salad	sourdough toast	pineapple chunks	pickles	mayo	
chick'n nuggets	chex mix	fruit medley	green beans	ketchup	
hummus/chickpeas	couscous, naan bread	golden kiwi slices	steamed asparagus spears		