Meal/Snack Ideas

Pair 2-4 food groups for a balanced meal or snack!

**Breakfast**
- Cereal with milk and fresh fruit on top
- Egg scramble with sautéed vegetables and a tortilla

**Lunch**
- Tortilla roll-ups with lunch meat and cheese
- Tuna sandwich with side of canned fruit
- Canned soup with cut up fruit salad on the side
- Turkey chili with glass of milk

**Dinner**
- Rice bowl with shredded chicken/ground turkey and veggies
- Pasta with shredded chicken and steamed veggies
- Ground beef/turkey tacos
- Baked chicken with rice and beans

**Snacks**
- Peanut butter with sliced fruit (apple, banana, etc.)

To reduce the risk of illness:
Wash all produce thoroughly under running water before preparing and/or eating.
Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.
Refrigerate perishable foods promptly and consume by expiration date.