Meal/Snack Ideas (New!)

Breakfast
- Oatmeal with dried or fresh fruit, and nuts
- Hardboiled eggs and toast with fruit salad (prep ahead meal)
- Tuna/chicken salad sandwich with carrot or celery sticks
- Spring mix/lettuce with shredded chicken and beans on top
- Canned soup with side salad and an apple
- Baked potato topped with canned chili, cheese, and side of broccoli

Lunch
- Roasted chicken quarters with canned vegetable and rice
- Whole wheat spaghetti with veggie patty, green beans, and pasta sauce
- Stir fry with meat/meat alternative, veggies, and rice
- Baked chicken, mashed potatoes, and salad

Dinner
- Cheese stick and a pear
- Crackers with peanut butter and glass of milk
- Bowl of cereal and milk with an orange

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

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.