



feedinglittles

Lunches

March 2018

Cookie cutter cut nut butter and smashed raspberry sandwich + snap peas + hummus + quartered grapes + freeze dried strawberries

Diced turkey sausage + sliced avocado {top with lemon juice to prevent browning} + blueberries + shredded carrot + Trader Joe's Snap Pea snack

Leftover mac and cheese {make with plain Greek yogurt instead of milk} with beans added in + quartered cherry tomatoes + strawberries + guacamole cup + dark chocolate chips

Energy balls + fresh berries + sliced grass-fed cheese + cucumber slices + Trader Joe's crunchy broccoli {or cooked broccoli} + bell pepper hummus

Turkey cheese sandwich + cuties + Babybel circle cheese + sliced bell pepper + ranch

Use Dave's Killer Bread or sprouted whole wheat bread + sunflower seed butter for nut-free school

Offer cooked carrot for babies and young toddlers

If making mac and cheese from scratch, use Banza pasta or whole grain pasta

Energy balls: equal parts pitted dates + nuts or seeds, blended until smooth

Look for simple turkey - True Story Foods or new Trader Joe's kind

Modify the suggestions above to account for allergies, intolerances and eating skills. Most lunch combinations must be kept refrigerated or kept on ice to maintain food safety.

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