



feedinglittles

Lunches

April 2018

Mini bagel sandwiches with plain or cream cheese, turkey + diced tomato + blueberries on a skewer (cut off sharp end) + crunchy pea snacks

Sliced hard boiled egg + rinsed black beans + quartered grapes + shredded carrots with ranch + graham crackers

Leftover cheese or cheese/chicken quesadilla + bell peppers + hummus + sliced pineapple + diced peaches (fresh or jarred)

Ants on a log (celery + PB or sun butter + raisins or dried cranberries) + whole grain crackers + cheese stick + freeze dried peas

Whole grain waffle strips + Greek yogurt dip {add cinnamon, maple syrup (optional) to plain whole milk yogurt or yogurt alternative} + fresh strawberries + blackberries + cucumber slices

Omit skewer for kids <2; for vegetarian option use just almond butter (or sunbutter) on bagel

Look for graham crackers made with whole grains, like Trader Joe's Cinnamon Grahams

Many kids will eat "warm" foods cold - think quesadillas, pasta and pizza!

For babies and younger toddlers, change ants on a log to a nut butter and smashed fruit sandwich

Can use waffles heated from frozen (and cooled) or homemade from scratch or Kodiak Cake mix

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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