



Back to School Breakfast, Lunch, and Snack Ideas

Breakfast

Keep it simple! Save elaborate breakfasts for the weekend. Make sure breakfast has plenty of fiber and protein and is low in sugar. Cereal is NOT a great way to start the day, unless it is whole grain, low sugar.

Ideas

Steel cut oats in the Crockpot, Instapot or Rice Cooker

Overnight oats-no cooking!

Smoothies (add ground flax seed, oats, nut butters, and veggies to make it more filling)

Apple sandwiches or slices with PB and granola

Toast topped with Greek yogurt/Ricotta cheese and fruit, nut butter, avocado and veggies, or a slice of cheese

Brown rice pudding (leftover rice, warmed with milk, cinnamon, fruit, and nuts)

Yogurt with fruit and toasted oats

Baked donuts

Waffles cut into strips and applesauce for dipping

Pancake muffins with fruit or sausage

Baked egg cups

Breakfast tacos/burritos

Chia Pudding

Whole grain muffins stuffed with nut butter or cream cheese

Waffle sandwich-ham and cheese, PB and fruit, or cream cheese and cinnamon

Cottage cheese with fruit

Lunch

Think about how you can make extras at dinner for lunch the next day-extra pasta, rice, etc.

Change the shape-use cookie cutters

Think hot and cold

Ideas for a Warm Thermos

Leftovers

Soup

Pasta

Fried Rice

Chile

Chicken Nuggets

Pot stickers or dumplings

Ideas for a Cold Thermos

Whole Grain cereal, send milk in thermos

Smoothie

Egg Custard (mango, pumpkin)

Chia Pudding

Sandwiches

PB & Honey or all fruit spread

Grilled Cheese-Let cool to room temp, and then wrap in a paper towel or tinfoil

Cream cheese and fruit

Avocado with shredded veggies

Hummus with shredded veggies

Meat and cheese

Instead of White Bread

100% Whole grain bread
Quick bread (banana, pumpkin, apple-make your own to control the amount of sugar)
Whole Wheat Pita
Whole Wheat Tortilla
Whole Grain Crackers
Whole Wheat Dinner Roll
Pretzel Roll

Bagel
Lettuce
Rice Paper
Sheets of Nori
Muffins
Waffles
Rice Bowl
Flat bread

Dipping Fun

Hummus and veggies or pita
Bean dip with tortilla chips
Soft pretzels with cheese dip
Waffle strips or mini pancakes with applesauce or syrup
Fruit with nut butter

Crackers with Laughing Cow or Babybel cheese
Tortilla chips and salsa or guacamole
Cinnamon tortilla chips with fruit salsa
Cottage cheese and veggies or crackers

Wrap it up

Bean and Rice Burritos-mashed beans, brown rice, corn, salsa
Roll/Pizza Dough (make into mini calzones and stuff with pizza toppings, ham and cheese, chicken and broccoli, BBQ chicken, taco meat and beans, or PB and jam and bake)
PB and fruit in a tortilla (bananas are great for this)
Chicken Caesar Salad-Romaine, grilled chicken, Parmesan cheese, Caesar dressing in a tortilla
Fajitas or quesadillas
Cream cheese and shredded veggie pinwheels
Spring rolls-fruit and veggies in a rice paper wrapper with rice or noodles
Sushi-no need to use fish unless your kids like it-use Nori and roll up avocado, rice, and veggies

Drinks

Milk
Chocolate milk
Strawberry milk-blend fresh berries w/ milk
Banana milk (blend ½ banana with milk)
Smoothie

Juice
Water with fruit
Sparkling water
Homemade Sodas
Ice water

Snacks

Dried Fruit, fruit leather
Fresh fruit
Frozen grapes
Whole Grain Crackers (Triscuits, Wheat Thins, Crunchmaster, or Nut Thins)
Whole Grain Cereal
Mini Bagel
Rice cake
Energy balls
Banana or Applesauce Oat cookies
Granola Bars (look for low sugar)
Crunchy chick peas
Cheese sticks/cubes/slices

Pumpkin Seeds
Trail mix
Popcorn
Low salt pretzels
Baby Carrots
Sugar Snap Peas
Bell Peppers
Cucumbers
Edamame
Grape Tomatoes
Homemade Go Gurt
Muffins