



Mom to Mom Nutrition

50 Kid-Friendly Meal Ideas

SNACKS

[Try to include 1-2 food groups and always offer water first, then milk]

1. Cheerios + Raisins + Chocolate Chips
2. Goldfish + Dried Cherries
3. Hard Boiled Egg + Raisins
4. Granola Bar + Nut Butter to Dip or Spread on Top [Optional]
5. Hummus + Crackers + Veggie Sticks
6. Cottage Cheese + Fresh Fruit
7. Cheese Slices + Whole Grain Crackers
8. Apple Slices + Nut Butter
9. Mini Rice Cakes + Nut Butter
10. Fresh Fruit + Cheese Stick + Pretzels
11. Banana Slices + Chocolate Milk
12. Whole Grain Cereal + Milk
13. Homemade Mini Muffin [2-3 Max]
14. Baby Carrots or Sliced Cucumbers + Ranch
15. Popcorn + Dried Fruit
16. Smoothie [with fruit + spinach + milk]
17. Whole Wheat Tortilla + Cheese
18. Frozen Yogurt Fruit Popsicles

BREAKFAST

[Always include 2-3 food groups and offer milk]

19. Whole Grain Waffle [topped with nut butter] + Fruit
20. Yogurt + Granola + Fruit Smoothie [with spinach + fruit + milk]
21. French Toast [topped with nut butter] + Avocado Slices
22. Whole Grain Cereal + Milk + Fruit
23. Egg and Cheese Toast + Fruit
24. Homemade Mini Muffin + Cottage Cheese + Fresh Berries
25. Freezer Pancakes + Fresh Berries + Sausage

LUNCH

[Always include 2-3 food groups and offer milk]

26. Hummus + Crackers + Banana + Crinkle Cut Carrots
27. Grilled Cheese + Sliced Apples or Veggie Sticks + Cottage Cheese
28. Hot Dog/Sausage + Fruit + Buttered Noodles with Parmesan Cheese
29. Peanut Butter Sandwich + Veggie Sticks + Ranch Dip
30. Turkey and Cheese Panini + Corn + Sliced Pears
31. Macaroni and Cheese + Sliced Peaches + Steamed Green Beans
32. Cheese Quesadilla + Salsa + Crinkle Cut Carrots + Yogurt
33. Pizza-Dillas [whole wheat tortilla + marinara + cheese] + Veggie Sticks + Ranch Dip

DINNER

[Always include 2-3 food groups and offer milk; fruit NOT always necessary since they eat a lot of fruit throughout the day]

34. Frozen Meatballs + Pasta + Sauce + Green Veggie + Fresh Veggies
35. Chicken Burgers + Roasted Potatoes + Green Veggie
36. Stir-Fry + Brown Rice + Simple Peanut Sauce [peanut butter + soy sauce] + Avocado Slices
37. BBQ Grilled Chicken + Broccoli + Watermelon
38. Shrimp Tacos + Corn + Guacamole/Avocado Slices
39. Sloppy Joe's + Green Beans + Pineapple
40. Italian Seasoned Ground Beef + Pasta + Sauce + Green Veggie
41. Sliced Chicken Sausage + Pasta + Sauce + Green Veggie
42. Taco Salads [deconstructed for the boys] + Fresh Berries
43. Grilled Sausages + Watermelon + Corn + Whole Wheat Buns
44. Pasta + Amatriciana Sauce + Crinkle Cut Carrots + Avocado Slices
45. Grilled Cheese + Tomato Soup + Fresh Berries
46. Tortellini Soup + Parmesan Cheese + Green Beans + Apple Slices

CARRY-OUT

47. Pizza + Green Veggie + Sliced Fruit [at home]
48. Sushi + Egg Rolls [the kids will eat 2 egg rolls]
49. Chicken Fingers + Fries + Green Veggie [at home]
50. Veggie Pad Thai + Spring Rolls [the kids will eat the noodles and veggies in light sauce]