

## Breakfast Ideas

1. 1 slice of toast with 1 Tbsp. peanut butter, and a  $\frac{1}{2}$  cup of skim milk
2.  $\frac{1}{2}$  cup cooked oatmeal made with skim milk and 1 scrambled egg
3. Yogurt parfait  
 $\frac{1}{2}$  cup low-fat granola,  $\frac{1}{2}$  cup low-fat yogurt, and  $\frac{1}{2}$  ounce finely chopped nuts
4. Cereal and Banana  
1 cup of either Kix, Cheerios, Total Whole Grain, or Barbara's Shredded Spoonfuls – mix with  $\frac{1}{2}$  cup sliced banana and  $\frac{1}{2}$  cup of skim milk
5. Mix a  $\frac{1}{2}$  cup of plain yogurt with 4 sliced strawberries, and also have a slice of whole wheat toast
6. Applesauce topped pancakes, and a  $\frac{1}{2}$  cup of skim milk  
1 small pancake,  $\frac{1}{4}$  cup applesauce,  $\frac{1}{4}$  cup blueberries



## Morning Snack Ideas

1. 1 slice of cinnamon bread and a  $\frac{1}{2}$  large orange
2. 1 cup of cereal (Kix, Cheerios, Barbara's Shredded Spoonfuls), and a  $\frac{1}{2}$  cup of sliced pineapple
3.  $\frac{1}{2}$  small apple and 1 part-skim string cheese
4. Fruit smoothie  
 $\frac{1}{2}$  cup frozen berries,  $\frac{1}{4}$  cup skim milk,  $\frac{1}{4}$  cup yogurt
5. Pear and Pudding  
 $\frac{1}{2}$  medium pear,  $\frac{1}{2}$  cup pudding made from skim milk
6. Frozen Graham Cracker Sandwich  
2 graham crackers (4 squares), and a  $\frac{1}{2}$  cup of mashed bananas



## Lunch Ideas

1. Veggie Pita Pocket with a  $\frac{1}{2}$  cup skim milk  
1 mini whole wheat pita,  $\frac{1}{4}$  cup romaine lettuce,  $\frac{1}{4}$  cup mashed avocado, 2 Tbsp mashed kidney beans
2. English Muffin Pizza  
Top 1 whole wheat English muffin with  $\frac{1}{4}$  cup tomato sauce,  $\frac{1}{4}$  cup mixed veggies, and 3 Tbsp shredded low-fat cheese. Heat until the cheese is melted.
3. Grilled Cheese Sandwich and Salad  
1 slice whole wheat bread, 1 slice low-fat cheese  
 $\frac{1}{2}$  cup salad greens of lettuce,  $\frac{1}{4}$  cup chopped tomato
4. Open-Faced Chicken Sandwich and Salad  
1 slice whole wheat bread, 1 slice low-fat American cheese, 1 ounce sliced chicken  
 $\frac{1}{2}$  cup baby spinach (raw),  $\frac{1}{4}$  cup grated carrots
5. Soft Taco (meat or veggie)  
1 small tortilla,  $\frac{1}{2}$  cup salad greens,  $\frac{1}{4}$  chopped tomatoes,  $\frac{1}{4}$  cup low-fat shredded cheese, 1 ounce 95% lean cooked ground beef, or  $\frac{1}{4}$  cup refried beans
6. Pita Snake  
1 mini pita,  $\frac{1}{4}$  cup sliced cherry tomatoes,  $\frac{1}{4}$  cup diced celery, 1 ounce tuna,  $\frac{1}{2}$  cup skim milk



## Snack Ideas

1.  $\frac{1}{2}$  cup sugar snap peas and  $\frac{1}{2}$  cup of low-fat yogurt
2.  $\frac{1}{2}$  cup veggie “matchsticks” (carrot, celery, zucchini)
3.  $\frac{1}{2}$  cup cherry tomatoes and 1 low-fat string cheese
4.  $\frac{1}{2}$  cup garbanzo beans and  $\frac{1}{2}$  cup applesauce
5. 5 mini rice cakes and orange slices (1 medium)
6.  $\frac{1}{2}$  cup celery “matchsticks” and  $\frac{1}{2}$  cup cut up apple (1 medium)

## Dinner Ideas

1. Go Fish!  
2 ounces salmon filet,  $\frac{1}{4}$  cup onion,  $\frac{1}{4}$  cup cooked spinach, and  $\frac{1}{2}$  cup egg noodles. Serve with  $\frac{1}{2}$  cup skim milk.
2. Asian Stir-Fry on Rice  
 $\frac{1}{2}$  cup vegetables (broccoli, mushrooms, and bell pepper), 2 ounces chicken breast, and  $\frac{1}{2}$  cup cooked brown rice. Serve with  $\frac{1}{2}$  cup skim milk.
3. Roast Beef with Baked Potato  
2 ounces roast beef and  $\frac{1}{4}$  cup baked potato. Serve with  $\frac{1}{4}$  cup green beans, 1 small slice French bread, and  $\frac{1}{2}$  cup skim milk.
4. Chicken and Potatoes  
2 ounces chicken breast and  $\frac{1}{4}$  cup mashed potato. Serve with  $\frac{1}{4}$  cup green peas, 1 small whole wheat roll, and  $\frac{1}{2}$  cup skim milk.
5. Spaghetti and Meatballs  
 $\frac{1}{2}$  cup cooked pasta,  $\frac{1}{4}$  cup tomato sauce, and 2 meatballs (2 ounces). Serve with  $\frac{1}{2}$  cup green beans, and  $\frac{1}{2}$  cup milk.
6. Rice and Beans with Sausage  
 $\frac{1}{2}$  cup cooked brown rice,  $\frac{1}{4}$  cup black beans,  $\frac{1}{4}$  cup bell pepper, and 1 ounce turkey or chicken sausage. Serve with  $\frac{1}{4}$  cup broccoli and  $\frac{1}{2}$  cup milk.