

Kids Breakfast Ideas

- Whole wheat toast or bagels with plain cream cheese and jam
- Scrambled eggs, whole wheat toast and fresh fruit
- Scrambled eggs with veggies (wrap into a burrito or fill a taco shell), served with fresh fruit
- [5-minute copycat egg McMuffin](#)
- Egg in a hole, served with fresh fruit
- [3-minute oatmeal](#), served with your favorite toppings
- Raisin bread topped with peanut butter and served with fresh fruit
- Toast topped with peanut butter and banana slices or raisins (make a face!)
- Toast with smashed avocado and a fried egg
- [Rainbow toast](#)
- Banana wrap – whole wheat wrap spread with peanut butter, topped with a whole banana and rolled up (also good with raisins or granola for some extra texture)
- Yogurt bowl – plain Greek yogurt with honey, fresh fruit, and crumbled cereal or [granola](#) (add chia seeds as sprinkles!)
- Smoothie or smoothie bowl – just blend up some fruits (with or without yogurt or milk) and add your favorite toppings (here's my [peach-raspberry smoothie bowl](#) for reference)
- Sausage, toast and veggie kabobs, served with fresh fruit

Kids Lunch Ideas

- Sandwiches: peanut butter (or almond butter) and jelly, ham and cheddar, turkey or chicken, etc., served with applesauce
- [Hummus](#) and chicken or turkey as a sandwich or wrap, served with carrot sticks and fresh or dried fruit
- Egg salad, tuna salad or chicken salad sandwich, served with fresh or dried fruit
- Ham and cheese melt (just broil open-faced for a couple of minutes to get it warm and melted)
- Veggie and cream cheese roll-up, served with fresh or dried fruit
- Cheese slices with crackers and [homemade deli meat](#) or store-bought (they can make Lunchable-like stacks), served with fresh or dried fruit
- Hummus with veggie sticks, crackers or pretzels, served with cheese and fresh or dried fruit
- Apple slices sandwich with peanut or almond butter and raisins
- [Muffins](#) (if you have some in the freezer or on hand), plus yogurt with honey or [fruit mixes](#) stirred in, served with fresh or dried fruit
- Canned beans (black or cannellini are my kids' favorites and they just eat them plain) served with cheese, veggie chips, and fresh or dried fruit

Kids Dinner Ideas (Mains)

- Rotisserie chicken shredded, mixed with BBQ sauce (or honey mustard) and made into sliders
- Leftover or rotisserie chicken mixed with salsa, warmed in skillet and loaded into a taco shell with shredded cheese
- Deli or leftover meat, cream cheese and spinach wrap (with optional salsa in the wrap or on the side for dipping)
- Whole wheat pasta with tomato sauce, peas and extra meat (such as rotisserie chicken) mixed in
- Couscous with chicken and frozen mixed veggies (just add them in and stir to heat through once the couscous is cooked)
- Tapas plate: chicken or meatballs, cheese, crackers/pretzels/rice cake/quinoa/rice, hummus, carrot and celery sticks, fresh or dried fruit and nuts
- Quesadillas: chicken and cheese, refried beans and cheese, black bean and veggie, etc.
- English muffin or flatbread pizzas – spread sauce on English muffin halves, top with cheese and pepperoni and broil for 2-3 minutes
- Grilled cheese
- Panini – Make a sandwich and heat it in a saute pan (put another pan on top and add a couple of cans to help weigh it down)
- Nitrate and nitrite-free hot dogs or cooked sausages
- Minute or microwave rice (or grain blend) with beans and cheese mixed in
- [10-minute “baked” potato](#) with rotisserie chicken and cheese mixed in
- Hard-boiled eggs
- A dipping dinner: A plate of chicken strips or rolled up deli meat, baby carrots, cucumber and bell pepper strips and bakery bread or toast sticks with some small containers of your favorite dips: hummus, pesto, honey mustard, ranch, ketchup
- Pasta or bean salad: Mix whatever fresh or frozen veggies you have on hand with some beans and/or whole wheat pasta, add a favorite cheese and some dressing and serve

Kids Dinner Side Dishes

- Raw baby carrots, cucumber, bell peppers, broccoli or celery and a dipping sauce (Ranch, honey mustard, BBQ sauce, peanut butter, hummus)
- Cherry tomatoes or sliced tomatoes
- Steamed vegetable: Broccoli, cauliflower or green beans
- Sauteed zucchini, squash, corn, Brussels sprouts, okra or spinach
- [10-minute “baked” potato](#) with your favorite toppings
- Microwave sweet potato chips
- Microwave or Minute-style rice or grain mix
- [Shortcut grains and veggies](#)
- Frozen peas, thawed (served warm or cold)
- Frozen mixed veggies, cooked and topped with butter
- Crunchy lettuce pieces (such as romaine), with dressing or dip