

# Meal and Snack Ideas for School!

From about 6 months on, Baby-led Weaning is highly recommended. Children are given the same food as adults, avoiding only choking hazards and excess salt.

## Grains

- Mini pancakes
- Oatmeal
- Pasta
- Unsweetened cereal
- Mini muffins
- Crackers
- French toast sticks
- Waffles
- Quesadilla
- Rice balls
- Oatmeal energy balls
- Oatmeal breakfast cookie
- Pretzels - hard or soft
- Granola bars
- Bagel with cream cheese
- Sandwich
- English muffin

## Proteins

- Yogurt
- Cottage cheese
- Egg muffins
- Cheese
- Peanut butter
- Other nut/seed butter
- Hummus
- Chicken nuggets
- Hamburger bites
- Chicken soup
- Lentil soup with veggies
- Chopped hard boiled egg
- Egg salad
- Tuna salad
- Fish sticks
- Salmon
- Tofu
- Canned or rehydrated beans

## Fruits and Veggies

- Frozen veggies such as peas and corn
- Guacamole
- Smoothies - with fruits and veggies
- Vegetable soup (zucchini, etc)
- Steamed carrots, beets, broccoli
- Baked sweet potato fries
- Pepper slices, cucumber spears
- Sugar snap peas
- Veggie wrap sandwich with hummus
- Fresh fruits - size appropriate for age
- Grapes should be quartered lengthwise
- Frozen fruits (blueberries or peaches)
- Fruit cups where fruit is packed in juice
- Steamed apples or applesauce
- Melon cubes or balls
- Fruit or veggie kebabs on popsicle sticks

## Nutrition Tips

You, the parent/teacher, are in charge of **what** is being served, **where** it is being served, and **when** it is being served. The child is in charge of **what** he/she eats and **how much**.

Provide a variety of foods (considering different textures and flavors) so that the child will meet his/her nutrition needs over the course of several days.

If you believe that your child won't like a certain food, provide a "safe" food to go along with that meal.

Do food-centric activities with your child to increase exposure: garden, grocery shop, look through recipes, cook together, sing songs about healthy foods, and read books about healthy foods together!

It takes up to 40 exposures to a particular food for a child to see it as familiar and safe!

## Drinks

- Water - plain or flavored with whole fruits
- Pumped breast milk
- Formula
- Whole milk after 12 months

