



**“Come and get it!”**

## **Nutritious Meals in Minutes**

For a well-balanced meal, include 3 or more food groups with at least one serving of fruit and/or vegetable.

### **Breakfast Meals**

- \* Smoothie with low fat vanilla yogurt and fruit, topped with granola
- \* Whole grain cereal with skim milk and banana slices
- \* Omelet made with egg substitute, vegetables, low fat cheese
- \* Oatmeal made with skim milk and mixed with raisins and cinnamon
- \* Breakfast burrito made with egg substitute, diced vegetables, low fat cheese and salsa wrapped in a whole wheat tortilla
- \* Scrambled eggs made with skim milk and low fat cheese, whole wheat toast, fruit cup
- \* Granola bar, low fat yogurt cup, glass of orange juice
- \* Toasted English muffin topped with one slice Canadian bacon and cheese slice, fruit cup
- \* Mash half of banana into 2 tablespoons peanut butter and spread onto bagel
- \* Fruit cobbler with canned fruit, topped with low fat granola cereal and vanilla yogurt



### **Lunch & Dinner Meals**

- \* Roll up black beans, salsa, and mozzarella cheese in a whole wheat tortilla
- \* Chicken stir-fry with mixed vegetables and served over brown rice
- \* Vegetarian chili with beans, vegetables, and whole wheat noodles
- \* Whole wheat pita with hummus, turkey slices, cheese slice and chopped vegetables
- \* Baked potato topped with steamed broccoli or chili with beans, and low-fat cheese
- \* Tuna casserole with whole wheat noodles, low fat cottage cheese, and peas
- \* BBQ baked chicken with steamed vegetables and brown rice
- \* Turkey sandwich on whole wheat bread with mustard, cheese slice, lettuce and tomato
- \* Peanut butter and banana sandwich on whole wheat bread
- \* Spaghetti with whole wheat noodles, meat sauce and side salad
- \* Vegetable beef soup with whole wheat toast and an apple
- \* Thin crust pizza topped with chicken and vegetables

