



Quick Healthy Foods for Kids

Food as Art

Provide a plate of fruits, veggies, pretzel sticks, olives with toothpicks
Make fun art – faces, animals, scenery

Snacks-like Breakfast

Whole Grain Cereal
Whole Grain Frozen Waffle
Yogurt topped with Granola

Sandwich

PB&J – Peanut butter and fruit spread sandwich
Rice Cakes with Nut Butter
Whole Grain Crackers with Nut Butter
Homemade Crackers
Roll-ups – whole grain tortilla shell – smear with nut butter/fruit spread or hummus /salsa
Pita pocket stuffed with chili
Bean Burrito or Quesadilla

Dip It with Veggies or Whole Grain Crackers

Hummus
Bean Dip
Guacamole

Fruit

Fresh fruit
Dried fruit – fruit roll-ups
Smoothies

Crunch

Popcorn
Nuts – Peanuts/mixed nuts
Trail Mix
Sweet Potato Chips/Vegetable Chips (Good Health Veggie Stix)

Sweet Side

Oatmeal Cookies
Breakfast bars (Kindsnacks.com; Balance Bar)