

Lunch for TOTS Ideas

Main Dish

- Almond butter/Preserve
- Crackers+Sliced Cheese+Meat
- Bite Size ham+cheese on bread
- Cheese, spinach, turkey rolls
- Mixed beans + Cheese slices
- Pepperoni +Cheese
- Veggie Pizza Bites

Veggie

- Sliced peppers
- Cucumbers peeled and chopped
- Grape Tomatoes sliced
- Carrots {cooked or raw}
- Peas
- Snap Peas

Fruit

- Grapes
- Blueberries
- Strawberries
- Raspberries
- Whole Banana
- Whole Apple
- Clementine
- Whole Peach
- Blackberries
- Sliced Kiwis
- Pear
- Chopped Apricots

Snack

- Pretzels
- Annie's Graham Crackers
- Annie's Cheese Bunnies
- Peanut butter crackers
- Gluten Free Puffs
- Multi-Grain Cheerios
- Mini M&M's
- Gummy Bears
- Whole Grain Chips
- Dried Fruit
- Raisins

***Don't Forget: Drink + Wet-Nap !**
and ice packs to keep things fresh

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

** Remember by changing up the meat, bread/wraps, and the cheeses, the main courses give you more of a variety to play with!

***Mix up your bean variety as well: garabanza, black, edamame, & kidney beans