

Whole wheat wrap:

Whole wheat tortillas
Meat (Ham, turkey, chicken, roast beef)
Cheese
Veggies (lettuce, tomato, avocado, peppers etc.)
Salad dressing or mayo
Fruit
Snap pea crisps
Milk

Canned tuna/chicken/hard boiled egg salad:

Tuna salad (mayo sweet pickle relish) or chicken salad (celery, onion, mayo, s&p) or
egg salad (mayo, s&p, onion, celery)
Crackers or bread
Fruit salad (grapes, strawberries, blueberries, apples)
Popcorn
Milk

Mish mash:

Jerky
Nuts
Hard cheese
Whole grain crackers
Grapes/Apples
Milk

Soup with grilled cheese:

Whole wheat bread
Sliced cheese
Thin sliced ham
Real butter
Baby carrots, peppers / hummus dip
Milk

Sandwiches:

Deli meat
Sliced cheese
Whole wheat bread
Veggies (lettuce, tomato, avocado, peppers etc.)
Apples with dipping peanut butter
Milk

BREAKFASTS:**Pancakes:**

Whole grain pancake mix (either dry mixed at home with added wet or store bought)
Egg, oil, butter milk if dry mixed at home
Syrup

Fruit
Sliced Ham heated in skillet
Milk or OJ

Egg burritos:

Whole wheat wraps
Eggs
Bulk sausage
Sour cream
Shredded cheese
Salsa
Cilantro
Avocado slices
Orange slices
Milk or OJ

Bacon, egg and cheese on whole grain English muffin:

Bacon (talk about cooking bacon)
Eggs
Cheese slices
Whole grain English muffins
Mayo
Cantaloupe slices
Milk or OJ

Fried or scrambled eggs on toast with sausage:

Eggs
Whole wheat bread
Butter
Sausage links
Bananas
Milk or OJ

Oatmeal or yogurt and granola:

Oats
Blueberries
Cream
Sweetener (Sugar, honey, maple syrup)
Crushed nuts

Yogurt parfaits:

Yogurt (try to buy yogurt with no artificial sweeteners and add your own , honey, maple syrup etc.)
Granola
Mixed berries
Milk or OJ

(If you are in a pinch) Continental breakfast

Whole grain muffins or Bagels
Cream cheese
Jelly/Jam

Butter
Yogurt
Hard boiled eggs
Whole apples, clementines, grapes
Milk or OJ

Train Wreck

Bacon
Package Sausage
Bag Cubed Hash Browns
Eggs
Chocolate Milk
Banannas

French Toast

Whole Milk
Eggs
Cinnamon
Butter
Grapes
Sausage
Milk