

Grilled Cheese,
Tomato Soup, Veggies

Muffin Tin Meals
Combine similar things in a muffin tin and allow your child to build their lunch that way.

TEACH (AND FEED) THEM *Diligently* LUNCH IDEAS

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Pizza Pockets
Place sauce and toppings on unrolled croissant roll. Put another on top and pinch sides together before baking.

<p>Pepper Boats Fill a veggie vessel (green, red or yellow pepper) with tuna (chicken) salad. Push one end of a carrot or celery-stick mast into the salad and set a triangle sail of pepper, lettuce, or cheese next to it. Serve with fish-shaped crackers.</p>	<p>Turkey and Cucumber Wrap Turkey and cucumber wrapped in a tortilla shell with a touch of cream cheese.</p>	<p>Corn Tortilla Quesadillas with cheese, beans and/or whatever meat you have on hand.</p>	<p>Hot Dog Roll Up Roll hot dog and American cheese in flour tortilla and heat in microwave</p>	<p>Tuna Melt Broil English muffin topped with tuna, cheese and tomato</p>	<p>Grilled Peanut Butter and Banana Sandwich Fry 2 minutes on each side.</p>	<p>Corn Dogs Mix Jiffy Mix as directed, add cut up hot dogs and bake as directed. Can freeze and heat up in microwave.</p>
<p>Bean Burrito Black beans, rice and cheese on tortilla. Top with salsa.</p>	<p>Egg McMuffin English Muffin topped with fried egg, Canadian Bacon and Cheese</p>	<p>PB Fun Pack Peanut Butter with fun dippers--crackers, graham crackers, celery, apples, etc.</p>	<p>Cream Cheese and Strawberry Sandwich Mix cream cheese with a touch of honey and orange zest. Top with strawberries.</p>	<p>Oven Grinder Mix parm chz & mayo spread on sub roll, Toast. Add meat & Chz and heat to melt</p>	<p>Mac & Cheese Hot Dog Dinner Fix Mac & cheese according to directions, add cooked hot dog pieces.</p>	<p>Black Bean Soup Mix chicken broth, rinsed black beans and salsa in a blender until smooth. Warm on the stove and top with cheese.</p>
<p>Fruit and Cheese Cubes of cheese, fruit slices and crackers</p>	<p>Caesar Pocket Romaine lettuce, turkey, roasted red peppers, parmesan cheese and caesar dressing on 1/2 pita.</p>	<p>BBQ Chicken Sandwich Mix torn chicken, BBQ sauce and shredded carrots together. Put on bun topped with ranch dressing.</p>	<p>Pizza Roll Ups Top tortilla with pizza sauce, baby spinach, & moz. Cheese. Melt cheese, roll up & cut into pinwheels.</p>	<p>South of the Border Salad Corn, Black Beans, Tomato, Cilantro & Green Onions tossed in 1/2 cup olive oil, lime juice. Serve on bed of lettuce.</p>	<p>Quesadillas Chicken, Meat or veggies and cheese grilled on a flour tortilla.</p>	<p>Popcorn Salad Combine 3/4 c mayonnaise, celery, 1 cup of cheese, water chestnuts, 1/2 cup bacon, carrots and chives. Mix well. Add popcorn and stir to coat. Sprinkle with remaining cheese and bacon and serve immediately.</p>
<p>Sloppy Joes Ground beef, onion, garlic, pinto beans, ketchup, mustard, honey, worc. sauce, salt and pepper. Mix, heat & serve on bun</p>	<p>Sandwich on a Stick Cube bread, cheese, & lunch meat. Slide onto a skewer, along with grape tomato, lettuce, pickle, olive, etc. Set out mayo or mustard for dipping.</p>	<p>Sandwich Art Fill paper cup with 2 TBS milk & drop of food coloring. Paint pictures on bread and toast to set. Use your crazy bread to build your sandwich.</p>	<p>Soup Ideas Chicken noodle Vegetable Minestrone Chili Broccoli and cheese Chicken & Dumplings Taco Soup Asian Noodle Soup</p>	<p>Loaded Baked Potatoes Cheese Ravioli and Applesauce</p>	<p>Ribbon Salad with Chicken Carrots, squash, zucchini, cut into ribbons with a peeler, grape tomatoes, sliced. Add chicken and toss with dressing.</p>	<p>Mixed Up Lasagna Cook chicken. Cook broken lasagna noodles, drain and toss with olive oil. Mix noodles, tomato sauce, ricotta cheese, salt and pepper to combine.</p>