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)