

School Lunches

School Lunch #1 Sandwiches:

Pick Your Bread: whole wheat, white, rye, bun, croissant, pita

Pick A Protein: lunch meat, chicken salad, tuna salad, hummus, refried beans, peanut butter

Add extras: mayo, mustard, sliced cheese, sliced onion, sliced tomato, sliced lettuce, pickles, jelly, honey

Add to your lunch bag (pick one or two): fruit, dried fruit, cut up veggies, dip, hummus, string cheese, yogurt

School Lunch #2 Wraps:

Pick Your Wrap: whole wheat, white, spinach

Pick A Protein: lunch meat, chicken salad, tuna salad, hummus, refried beans, peanut butter

Add extras: mayo, mustard, sliced cheese, sliced onion, sliced tomato, sliced lettuce, pickles, jelly, honey

Add to your lunch bag (pick one or two): fruit, dried fruit, cut up veggies, dip, hummus, string cheese, yogurt

School Lunch #3 Homemade Lunchables:

Pick Your Crackers (either just one type or an assortment: Ritz, Saltines, Cheez-its, Wheat Thins, Water Crackers, Goldfish, Pretzels)

Pick A Protein (Up to 3): lunch meat, chicken salad, tuna salad, hummus, refried beans, peanut butter, pepperoni

Add extras: sliced cheese, cheese chunks, grapes, grape tomatoes, pickles (sweet, dill or gherkin, olives, dried mango, dried apricot, raisins)

Add to your lunch bag (pick one or two): fruit, cut up veggies, string cheese, yogurt

School Breakfasts

Breakfast #1- Baked Oatmeal Bar

Prepare your baked oatmeal on the weekend, or the night before, cut a square in the morning, and then add toppings!

Toppings can include: Nuts, frozen or fresh berries, frozen or fresh fruit, maple syrup, cinnamon, mini chocolate chips, peanut butter, applesauce, raisins, craisins, jam, greek yogurt, milk.

You could prepare a baked oatmeal on Sunday night, cut it into 5-7 equal squares, and each morning have a square of oatmeal with different toppings! Cook once, eat all week!

Ingredients:

- 3 cups of oats
- 1 cup of brown sugar
- 2 t. cinnamon
- 2 t. baking powder
- 1 t. salt
- 2 cup of milk or almond milk
- 2 eggs
- 1/2 cup of melted butter or margarine
- 2 t. vanilla extract
- 3/4 cup of craisins, raisins, or berries

Instructions:

1. Preheat your oven to 375. Spray a large casserole dish with non-stick spray.
2. Combine your oats, brown sugar, cinnamon, baking powder and salt in a large mixing bowl.
3. In a separate bowl, add the milk, crack in 2 eggs, add the melted butter and vanilla extract. Combine well with a whisk.
4. Add the wet ingredients to the dry ingredients and mix well, add in the fruit.
5. Pour mixture into your casserole dish, and place in the oven, carefully.
6. Set your timer for 40 minutes. The oatmeal is done when the edges start to brown and the center isn't soupy, but firm. If your oatmeal isn't done yet, put it back into the oven for another 5 minutes, then check.
7. Remove from the oven, turn off the oven, and allow to sit for 5 minutes, then serve.

Breakfast #2- Yogurt Parfaits

Scoop half a cup of regular yogurt or greek yogurt into a 12 oz. cup or bowl. Sprinkle 2-4 tablespoons of toppings.

Toppings can include; Nuts, frozen or fresh berries, frozen or fresh fruit, maple syrup, cinnamon, mini chocolate chips, peanut butter, applesauce, raisins, craisins, jam

Layer another 1/2 cup of yogurt on top, then finish with 2-4 more tablespoons of toppings.

Breakfast #3- Hard-boiled Egg and Toast

Place 1-2 raw eggs in a pot and cover with cold water just until the eggs are covered. Place a lid on the pot, place the pot on the stove and turn the burner on high.

Once the water starts boiling, remove the lid and adjust the heat down to medium high. Set your timer for 9 minutes.

While the eggs are boiling, toast 1-2 slices of bread. Once the bread is finished, either smear a thin layer of butter or mayo on your toast.

Once the timer goes off, put an oven mitt on your hand and carefully empty the hot water into the sink, being careful not to dump the eggs out. I usually end up leaving about a cup of the hot water in, and that's fine!

Start running the cold water from your faucet and place the pot with the eggs still in it under the water. Continue filling the pot with cold water until the eggs are cool enough to peel (about 2 minutes).

Turn off the water remove an egg and gently crack it on the side of your counter. Peel off the peel into your trash can, then rinse the egg quickly to remove any tiny pieces of shell.

Carefully dry off the egg. If you have an egg slicer, use that to slice the egg. If you don't have an egg slicer, very carefully slice your egg into circles.

Place the egg circles on your toast, and then sprinkle with salt and pepper. Enjoy!