



Easy Lunches

Amanda Thul, RD, LD

Hey parents-school is out! Which means not only do you have to think about what's for supper, you also need to have food in the house for lunch! Summer lunches have their own obstacles. One or both guardians may be working-leaving lunch a free-for-all. Sleep schedules get disrupted so lunch turns into breakfast. Busy summer schedules with running around means little time to make a meal. Here are some ideas for your kiddos to prepare at home or easy to prepare ahead of time to add some variety for easy lunches. (P.S. These are great lunches for adults too!)

-English muffin pizza: top opened English muffin with pizza sauce, cheese, and favorite pizza toppings. Bake in oven or microwave until warmed through

-Snacky lunch: cheese, crackers, popcorn, fruit, veggies and favorite dipping sauces

-Waffles with nut/seed butter and fruit

-Cottage cheese and fruit

-Quesadillas: make with cheese, beans, leftover meat, veggies, etc. Can be microwaved, baked, or cooked on stove

-Frozen tortellini or ravioli: boil until done and serve with pasta sauce

-tuna salad with crackers or veggies

-Hummus with pita or pretzels or veggie sticks

-PB roll-up: spread peanut butter on tortilla, add sliced banana, and roll up

-Baked potato with toppings: salsa & taco meat; shredded chicken & BBQ sauce; cottage cheese, shredded cheese and broccoli

-Sandwich on bagel/bread/ wrap with deli meat, hummus and veggies, egg/tuna salad

Sides to go along:

Baby carrots, yogurt, banana, fruit cup, apple slices, frozen fruit or veggies, vegetable juice, Sun chips, fruit smoothie, applesauce or fruit sauce pouch, peppers, cucumbers, celery, dried fruit