

11 Meal Ideas for Everybody

Build-your-own meals allow kids to choose what they want to eat while introducing them to new foods, especially for more cautious eaters. Offer at least one food your child likes to lessen mealtime anxiety. Include different sauces, condiments, and dips to add enjoyment.

Tacos



Protein/Dairy: ground or shredded beef, shredded pork, shredded chicken, beans (pinto, black, kidney), cheese, Greek yogurt, tofu, shrimp, fish



Fruits/Vegetables: dark leafy greens (spinach, lettuce, kale), tomato, bell peppers, onion, shredded carrots, avocado, salsa, jackfruit



Grain: rice, hard taco shell, soft tortilla (corn, whole wheat, white)



Protein/Dairy: beef, lamb, turkey, chicken, veggie or bean burger, cheese, fish, egg, bacon

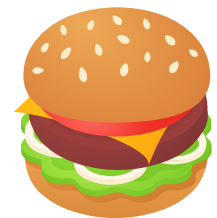


Fruits/Vegetables: lettuce, spinach, tomato, bell peppers, onion, shredded carrots, avocado, mushrooms, cucumber, zucchini, pickles



Grain: hamburger bun (pretzel, brioche, whole wheat, white)

Burgers



Breakfast Burrito



Protein/Dairy: egg, sausage, cheese, bacon, ham



Fruits/Vegetables: kale, spinach, bell peppers, onion, mushrooms, yellow squash, zucchini, variety of potatoes (hashbrown or roasted), avocado, salsa, tomato,



Grain: tortilla (white, corn, whole wheat), lavash bread

Pizza



Protein/Dairy: meat (Canadian bacon, ham, pepperoni, sausage, salami), chicken, cheese, bacon



Fruits/Vegetables: spinach, arugula, tomato, bell peppers, onion, broccoli, artichoke hearts, olives, mushrooms, pepperoncini, pineapple, yellow squash



Grain: flat bread, english muffin, naan bread, tortilla, pita, variety of pizza crust flavors (whole wheat, garlic and herb, white)



Protein/Dairy: ground beef, chicken, sausage, ground turkey, pork, cheese



Fruits/Vegetables: spinach, kale, tomato chunks, tomato sauce, bell peppers, onion, broccoli, mushrooms, shredded carrots, yellow squash, peas, asparagus, eggplant



Grain: variety of noodle colors (veggie and fruit dyed), noodle type (chickpeas, whole wheat, corn)

Spaghetti



Protein/Dairy: shredded chicken, tofu, soybeans, egg, beef, shrimp, beans, nuts, pork, scallops, fish, clams



Fruits/Vegetables: kale, boy choy, celery, bell peppers, water chestnuts, onion, broccoli, cauliflower, mushrooms, yellow squash, zucchini, cabbage (green or purple), green beans, eggplant, asparagus, peas, snap peas, snow peas, okra, bean sprouts

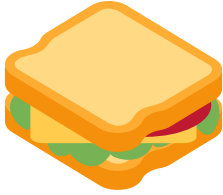


Grain: rice varieties (wild, white, brown), baby corn

Fried Rice



Hot or Cold Sandwiches



Protein/Dairy: deli meat (turkey, pastrami, roast beef, ham, salami), chicken (fresh or canned), hummus, cheese, fish, egg, bacon, peanut butter, tuna, beans



Fruits/Vegetables: leafy greens (spinach, lettuce, arugula, cabbage), tomato, bell peppers, onion, shredded carrots, avocado, mushrooms, cucumber, pickles, jam, pepperoncini, avocado



Grain: Flat bread (lavash, pita, naan), bread (sourdough, focaccia, rye, whole wheat, english muffin), bagel



Protein/Dairy: ground or shredded beef, pulled pork, ground turkey, shredded chicken, cheese, Greek yogurt, beans (pinto, black, kidney)



Fruits/Vegetables: kale, spinach, bell peppers, onion, mushrooms, broccoli, avocado, salsa, tomato, jalapenos



Grain: tortilla (white, corn, whole wheat), lavash bread, canned or fresh corn

Nachos



Protein/Dairy: cottage cheese, cheese, shrimp, Greek yogurt, ground beef, beans, bacon, pulled pork or sausage, hot dog, tuna, chorizo, chicken, tempeh



Fruits/Vegetables: spinach, kale, collard greens, cabbage, onion, bell peppers, sweet potato, mushrooms, salsa, avocado, zucchini, lentils, jackfruit, tomatoes, apple



Grain: corn (fresh or canned)

Stuffed Baked Potato



Salad



Protein/Dairy: nuts (pine, almond, walnut, cashew), seeds (pumpkin or sunflower), chicken (canned, fresh, breaded nuggets), canned tuna, beef, seafood, egg, salami, ham, cheese (fresh or crisps), lentils, legumes



Fruits/Vegetables: dark leafy greens (kale, arugula, lettuce, spinach), bell peppers, onion, mushrooms, artichoke hearts, olives, potatoes, avocado, salsa, tomato, jalapenos, orange slices, grapefruit, grapes, radish, jicama, cucumber, kiwi, cauliflower, apple, Craisins, raisins, beets



Grain: bread, croutons, tortilla chips, quinoa, rice, barley, bulgur



Protein/Dairy: chicken (canned or fresh), tuna, cheese, shrimp or other seafood, cottage cheese, beans, hardboiled egg, soybeans, lentils, legumes



Fruits/Vegetables: kale, spinach, bell peppers, green onion, mushrooms, broccoli, avocado, tomato, peas, carrots, cauliflower, celery, grapes, orange, snap peas, snow peas, green beans, asparagus, apple



Grain: variety of pasta noodle shapes (penne, rigatoni, fusilli, macaroni), colors (veggie and fruit dyed), type (chickpeas, lentil, whole wheat)

Pasta Salad



Learn more about our Pediatric Wellness program, free classes, and community food resources.