

Food Suggestions

1. Salmon patties
2. Black beans and rice
3. Meatloaf (with mashed potatoes and grilled onions)
4. Roasted root vegetables
5. Vegetable soup
6. Fish fillets (with baked potatoes and cooked carrots)
7. Ham and potato frittata
8. Vegetable omelet
9. Pasta with meatballs
10. Yogurt parfait (yogurt, granola, raisins, bananas or frozen berries)
11. Peanut butter and banana sandwich
12. Oatmeal with berries, banana slices, and drizzled with honey
13. Black bean and corn quesadillas
14. Celery sticks with peanut butter and raisins