

# Healthy Meals. Happy Kids!

## Meals on the go for all Students



Make sure to check and follow your schools allergy and snack policies.

### Tips for meals on the go:

- For salads or bowls:
  - Get meal prep containers or to go containers to make single portions.
  - Some containers can be saved, washed, and reused
  - Put single portions in ziptop bags.
- For hot sandwiches, like meatball subs, hot dogs, etc.
  - wrap individual sandwiches in foil wrap and store in an insulated cooler.
- For each meal, make sure to have:
  - vegetable
  - fruit
  - carbohydrate
  - protein source
- Customize any of the recipes:
  - leave out or sub any of the fruits or veggies to the kids tastes
  - change up the protien offer (have a turkey option in addition to ham)
- Add a wet wipe or hand sanitizer wipe

## Simple options:

### Sandwiches:

- **Peanut butter and jelly sandwich** on whole-wheat bread with natural peanut butter
  - Side: Veggie sticks and an apple
  - Drink: Milk or water
- **Turkey sandwich** on whole-wheat bread with cheese, mustard or mayo
  - Side: Cherry tomatoes and a pear
  - Drink: Milk or water
- **Tuna (could sub beef, ham, egg or chicken) salad sandwich** on whole-wheat bread
  - Side: Veggie sticks and mixed berries
  - Drink: Milk or water

# Buffalo Chicken Wraps

## Ingredients

- 2 cups cooked chicken, chopped
- 1/2 cup buffalo sauce
- 4 large lettuce leaves, romaine or green leaf
- 1/4 cup feta or blue cheese crumbles
- 1/4 cup ranch
- 4 medium flour tortillas, sub with corn tortillas for gluten free option

## Directions

1. In a medium bowl, mixed the diced chicken and buffalo sauce together.
2. Place tortillas flat on a surface and layer a lettuce leaf, chicken, a sprinkle of cheese crumbles, and drizzle of ranch. Roll up like a burrito and cut in half. Enjoy!



# Pizza Pasta Salad



## Ingredients

- 12 oz rotini pasta
- 1 pint grape tomatoes, halved
- 1 bunch gr onions, chopped
- 1 gr bell pepper, diced
- 1 3.8 oz can sliced black olives, drained well
- 8 oz mozzarella pearls
- 2 cups mini pepperoni slices
- 1 tsp dried oregano
- 1/3 c freshly grated parmesan cheese
- 3/4-1 c zesty Italian salad dressing (to taste)



## Directions

1. Cook pasta in liberally salted water per manufacturer's instructions, Rinse in cold water and drain thoroughly.
2. Combine pasta with rest of ingredients.
3. Refrigerate in an airtight container.

# Easy Omelette Cups



## Ingredients

- 36 tater tots, thawed
- 8 eggs
- 3 tablespoons milk
- salt and pepper to taste
- omelette fillings: consider veggies like spinach, tomatoes, avocado, zucchini, peppers, or onions, meats, and shredded cheese.

## Directions

1. push 3 tater tots in each cup of a non-stick muffin tin
2. Bake at 425 ° F for 10 minutes, remove from oven
3. In a bowl, whisk together the eggs, milk, salt and pepper.
4. place your favorite omelette fillings in each muffin cup on top of tater tots.
5. Pour egg mixture into each muffin tin, being careful to not overfill.
6. Bake at 350° F for 20 minutes or until fully cooked.
7. Leftovers can be stored in the fridge and warmed up or eaten cold.

Makes 12 cups

## Wraps:

(use corn tortillas for a gluten free option)

- **Chicken Caesar wrap** with baked or rotisserie chicken (remove the skin), romaine lettuce, parmesan cheese and Caesar dressing mixed in a whole wheat tortilla.
  - Side: Canned peaches in juice
  - Drink: Milk or water
- **Hummus wrap** with hummus, a handful of spinach, feta cheese and diced tomatoes in a whole wheat tortilla
  - Side: a sliced pear
  - Drink: Milk or water
- **Peanut butter and banana wrap** with natural peanut butter, a banana and a drizzle of honey wrapped in a whole wheat tortilla
  - Side: Sliced cucumbers
  - Drink: Milk or water

## Bowls:

- **Southwest bowl** with brown rice, canned black beans, canned or frozen yellow corn, canned or fresh diced tomatoes, avocado or guacamole, salsa and cheese to taste; meat protein optional; eat hot or cold
  - Drink: Milk or water
- **Buddha bowl** with quinoa, diced carrots, diced cucumber, diced tomato, crunchy chickpeas and sunflower seeds with avocado on top; meat protein optional; eat hot or cold
  - Drink: Milk or water
- **Smoothie bowl** with vanilla Greek yogurt, sliced strawberries, sliced banana, pepitas (pumpkin seeds) or almonds; top with granola
  - Drink: Milk or water

## Bento Boxes:

- **Salmon and bagel box** with smoked salmon on a bagel with cream cheese
  - Side: Cherry tomatoes or an apple
  - Drink: Milk or water
- **Explorer box** with natural lean jerky (such as beef, turkey or chicken)
  - Side: Whole-grain goldfish and a nut or dried fruit trail mix
  - Drink: Milk or water
- **Sweet and yummy box** with Greek yogurt, diced frozen pineapple and a crunchy granola bar
  - Drink: Milk or water

# Beef and Bean Burritos

## Ingredients

- 1 medium onion
- 1 tablespoon olive oil
- 2 pound beef, ground, 95% lean
- 14 ounce diced tomatoes, canned
- 10 medium tortilla, whole wheat
- 28 ounce refried beans, canned, fat-free
- 12 ounce cheddar cheese

## Directions

1. Preheat oven to 375°F
2. In a large pan over medium heat, saute diced onion in olive oil until softened, about ten minutes.
3. Add ground beef and cook, breaking it apart with a spoon, until no longer pink.
4. Add diced tomatoes to the beef and cook a few minutes more.
5. Warm tortillas slightly to make them easier to roll. Fill tortillas with a spread of refried beans, a sprinkle of cheese, and a spoonful or two of the beef mixture. Roll it up and place in a large baking dish.
6. Bake for 15-20 min, until they are soft and bubbly.
7. Once Burritos have cooled, wrap individually in parchment paper and a plastic bag and store in the fridge

# Meatball Subs

## Ingredients

- 16 meatballs (can be storebought or homemade)
- 4 hoagie rolls
- ½ c Marinara sauce, divided
- 1 c mozzarella or provolone cheese, divided

Makes 4 servings, multiply recipe to get servings needed

## Directions

1. Bake your meatballs according to package instructions
2. Preheat the oven to 400
3. Open the hoagie buns and lay facing up on a sheet pan. Drizzle with extra virgin olive oil, and generously sprinkle seasonings such as garlic powder, dried basil, dried oregano, salt, and pepper. Red pepper flakes are optional if you like a little heat.
4. Place in the preheated oven for about 5 minutes to get a good crisp on the bread.
5. Place 1 tablespoon of marinara on the bottom bun of each hoagie. Optional- sprinkle generously with parmesan cheese.
6. Top with 4 meatballs, 1 tablespoon of marinara, and a ¼ cup cheese.
7. Place the hoagies back in the oven for 3-5 minutes until the cheese is melted and bubbly.

# Gluten-free Sloppy Joes



## Ingredients

- 1 pound lean ground beef
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ white onion
- ½ red bell pepper
- 1 tablespoon minced garlic
- 15 oz diced tomato
- 2 tablespoon tomato paste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Gluten-free hamburger buns

## Directions

1. Heat a large skillet over medium heat and add the beef
2. Season with salt and pepper, cook until pink has disappeared
3. Dice the onion and red bell pepper. Add to skillet and cook until tender
4. Add the garlic and cook for another minute
5. Add canned tomato, tomato paste, chili powder, cumin. Stir to combine and cook for another minute
6. Remove from the heat and serve over the gluten-free buns

## More Bento Box options:

- Pizza box: Pepperoni or other pizza topping on a bagel (could also use a tortilla or pita bread) with marinara sauce and shredded mozzarella cheese
  - Side: Veggie sticks, sliced fruit
  - Drink: Milk or water
- Lunchable box: deli-style meat and cheese cut in cracker size pieces with whole wheat crackers
  - Side: veggie sticks
  - Drink: Milk or water
- Salad on the go: Lettuce with sliced chicken (sub any type of meat), shredded cheese, crumbled bacon, Salad dressing
  - Add on: sliced veggies- cucumber, carrots, olives, tomato, dried fruit
  - Side: dried fruit
  - Drink: Milk or water

## Ham & Cheese Rollups

### Ingredients

- 8 oz cream cheese softened
- 1 teaspoon dry ranch seasoning
- 1 cup shredded cheddar cheese
- 6 small flour tortillas
- 6 slices deli-style ham

**Makes 6 servings**



### Directions

1. Add the cream cheese and ranch seasoning to a bowl, and stir until combined.
2. Add the cheddar cheese and stir together.
3. Lay out the tortillas, and add  $\frac{1}{4}$  of the mixture to each, then gently spread it to the edges.
4. Cut the ham into small pieces, and layer on each tortilla.
5. Starting at one end, roll each tortilla until you get to the other end.
6. Refrigerate for 1 hour or when ready for use.
7. Cut the ends off of each tortilla roll, then cut into 1-inch pieces.
8. Substitute any other deli style meats for variety and preference.

## More Bento Box options:

- Pita + hummus + air fried chicken + bell peppers + cantaloupe
- Tortellini salad + pineapple + snap peas + yogurt cup
- Chicken salad wrap + oranges + carrots
- Turkey cheese sliders + grapes + tomatoes
- Hard boiled eggs + Triscuits + tomatoes + cheese
- Pita bread + Olives + hummus + peppers
- Celery + peanut butter + raisins + pretzels + snap peas
- Turkey bites + sweet potato rounds + carrots + tzatziki
- Avocado + candied salmon + flatbread + cucumber
- Airfried chicken strips + tzaziki + carrots + pita chips

for more ideas visit:

Super Healthy Kids: [superhealthykids.com/7-super-easy-healthy-grab-go-meals/](http://superhealthykids.com/7-super-easy-healthy-grab-go-meals/)

The Scramble:  
[thescramble.com/on-the-go-meals-you-can-feel-good-about-serving-your-family](http://thescramble.com/on-the-go-meals-you-can-feel-good-about-serving-your-family)

Have a Plant:  
[fruitsandveggies.org/blog/12-easy-recipes-for-teens-older-kids-on-the-go/](http://fruitsandveggies.org/blog/12-easy-recipes-for-teens-older-kids-on-the-go/)

Elite Dietitians  
[elitedietitians.com/best-lunches-for-teen-athletes/](http://elitedietitians.com/best-lunches-for-teen-athletes/)

Mom's Dinner  
[momsdinner.net/easy-meatball-subs/](http://momsdinner.net/easy-meatball-subs/)