

BANANA OATMEAL BREAKFAST BOWL



PREP TIME:

10 minutes



HEALTH BENEFITS

- ✓ High in protein and calcium
- ✓ Provides fiber and sustained energy
- ✓ Supports digestive health

INGREDIENTS

- 1/2 cup rolled oats
- 1 cup milk of choice
- 1 ripe banana, mashed
- 1 tablespoon honey or maple syrup
- Optional toppings: sliced bananas, nuts, seeds

DIRECTIONS

- In a saucepan, combine rolled oats and milk.
- Cook over medium heat until oats are tender and creamy, about 5 minutes.
- Stir in mashed banana and honey or syrup. Transfer to a bowl and add desired toppings.

REMINDER: Wash your hands and sanitize work surfaces while preparing meals to prevent cross-contamination and foodborne illness.

PEANUT BUTTER + BANANA ROLL-UPS



PREP TIME:

5 minutes



HEALTH BENEFITS

- ✓ Good source of potassium and protein
- ✓ Contains healthy fats
- ✓ Provides natural energy

INGREDIENTS

- Whole-grain tortilla
- 2 tablespoons peanut butter
- 1 banana, peeled
- 1 teaspoon honey

DIRECTIONS

- Spread peanut butter evenly on the tortilla.
- Place the peeled banana in the center and drizzle with honey.
- Roll up the tortilla and slice into bite-sized pieces.

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APPLE + CHEESE SANDWICH



PREP TIME:

10 minutes



HEALTH BENEFITS

- ✓ Rich in fiber and healthy fats
- ✓ Good source of calcium and vitamins
- ✓ Promotes heart health

INGREDIENTS

- 2 slices of whole-grain bread
- 1 apple
- 2 slices of cheese

DIRECTIONS

- Place cheese slices on one slice of bread.
- Slice apple thinly and layer on top.
- Top with the second slice of bread and cut in half.

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TUNA SALAD LETTUCE WRAP



PREP TIME:

5 minutes



HEALTH BENEFITS

- ✓ High in protein and omega-3 fatty acids
- ✓ Low in carbs
- ✓ Supports brain and heart health

INGREDIENTS

- 1/4 cup canned tuna
- 1 tablespoon mayo
- 1 tablespoon relish
- 2 large lettuce leaves

DIRECTIONS

- Mix tuna with mayo and relish.
- Spoon the tuna salad onto the lettuce leaves and wrap them up.
- Optional: Cover in parchment paper to help hold the wraps together.

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AVOCADO + TURKEY WRAP



PREP TIME:

5 minutes



HEALTH BENEFITS

- ✓ High in protein and healthy fats
- ✓ Packed with vitamins and nutrients
- ✓ Provides fiber and sustained energy

INGREDIENTS

- 1 whole-grain tortilla
- 1/2 avocado, sliced or mashed
- 2 slices turkey deli meat
- 1/4 cup lettuce
- 1/4 cup shredded carrots

DIRECTIONS

- Lay the tortilla flat and place lettuce on top.
- Add turkey slices, avocado and shredded carrots.
- Roll up the tortilla tightly and cut it in half.

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HUMMUS + VEGGIE DIPPERS



PREP TIME:

5 minutes



HEALTH BENEFITS

- ✓ High in protein and healthy fats
- ✓ Provides fiber and sustained energy
- ✓ Packed with vitamins and antioxidants

INGREDIENTS

- 1/4 cup hummus
- 1/4 cup carrot sticks
- 1/4 cup cucumber sticks
- 1/4 cup red bell pepper sticks

DIRECTIONS

- Scoop hummus into a small container.
- Slice carrots, cucumbers and bell peppers into sticks (or other fun shapes) and arrange in a reusable lunchbox container.

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AVOCADO + EGG SALAD SANDWICH



PREP TIME:

10 minutes



HEALTH BENEFITS

- ✓ Rich in healthy fats and vitamins
- ✓ Provides fiber and sustained energy
- ✓ Packed with protein and antioxidants

INGREDIENTS

- 2 slices whole-grain bread
- 1/2 avocado, mashed
- 1 hard-boiled egg, chopped
- 1 tablespoon plain Greek yogurt
- 1/2 cup of fresh spinach

DIRECTIONS

- In a bowl, mix mashed avocado, chopped hard-boiled egg and Greek yogurt. Season with salt and pepper to taste.
- Spread the mixture onto the bread and top with fresh spinach. Cut the sandwich in half.

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CHEESY SPINACH FLATBREAD



PREP TIME:

15 minutes



HEALTH BENEFITS

- ✓ Packed with fiber and whole grains
- ✓ Rich in iron, vitamins and antioxidants
- ✓ Provides calcium and protein

INGREDIENTS

- 1 whole-grain flatbread
- 1/4 cup shredded mozzarella cheese
- 1/4 cup fresh spinach leaves
- 1 tablespoon tomato sauce

DIRECTIONS

- Spread tomato sauce evenly over the flatbread.
- Add fresh spinach leaves and sprinkle shredded mozzarella cheese on top.
- Bake in the oven at 350°F for 5–7 minutes or until cheese is melted.
- Cut into slices and serve.

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CHICKEN + CHEESE QUESADILLA



PREP TIME:

10 minutes



HEALTH BENEFITS

- ✓ Packed with fiber and whole grains
- ✓ High in lean protein
- ✓ Rich in calcium

INGREDIENTS

- 1 whole-grain tortilla
- 1/4 cup shredded cheddar cheese
- 1/4 cup cooked chicken, shredded
- 1 tablespoon salsa

DIRECTIONS

- Sprinkle shredded cheddar cheese on one half of the tortilla and top with shredded chicken and a spoonful of salsa. Fold the tortilla in half.
- Cook in a non-stick skillet over medium heat for 2–3 minutes on each side, until the cheese is melted and the tortilla is golden brown.
- Cut into wedges and serve.

REMINDER: Wash your hands and sanitize work surfaces while preparing meals to prevent cross-contamination and foodborne illness.

HAM + VEGGIE EGG MUFFINS



PREP TIME:

30 minutes



HEALTH BENEFITS

- ✓ High in protein and essential nutrients
- ✓ Packed with vitamins and antioxidants
- ✓ Rich in healthy fats

INGREDIENTS

- 4 large eggs
- 1/4 cup milk
- 1/4 cup diced ham
- 1/4 cup veggies (spinach, bell peppers or broccoli)

DIRECTIONS

- Preheat the oven to 350°F and grease a muffin tin.
- In a bowl, whisk together the eggs and milk.
- Stir in diced ham, veggies, salt and pepper.
- Pour the mixture evenly into the muffin tin and bake for 18–20 minutes.
- Let cool and serve or refrigerate for later.

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