

Liberty Learning Centers Inc.

Meal Ideas

Thank you for the hard work you do every day! We know that sometimes we all run out of or forget certain food categories that are very important to child development, so this list is to help you in your food adventures! There are some starter ideas listed below each category! Thank you!

Protein

- Milk
- Soy milk
- Eggs – Hard boiled and scrambled are big hits
- Cheese
- Yogurt
- Peanut butter
- Lean meats, fish, and poultry
- Beans, tofu, lentils, and other legumes
- Nuts and seeds

Vegetables

- Carrots
- Cucumbers
- Frozen peas (they will be cold... but the kids love them!)
- Snap peas in the pod
- Zucchini slices
- Red peppers (They are not “spicy” they are sweet!)
- Celery

Dips helps! Salad dressings and hummus for example!

Fruits

- Apples (Applesauce)
- Oranges (Fresh or in a cup)
- Peaches (Fresh or in a cup)
- Pears (Fresh or in a cup)
- Mixed fruit
- Bananas
- Berries
- Grapes (Cut in half if needed)

Grains

- Brown or wild rice
- Quinoa
- 100% Whole-grain bread
- Whole-wheat pasta or whole-grain pasta
- Whole-grain tortillas and whole corn tortillas
- Whole-grain crackers

Dairy or Dairy Alternatives

- Milk
- Yogurt
- Pudding
- Cheese

**Water – In a
reusable water
bottle every day!**