



## **Quick Healthy Foods for Kids**

### **Food as Art**

Provide a plate of fruits, veggies, pretzel sticks, olives with toothpicks  
Make fun art – faces, animals, scenery

### **Snacks-like Breakfast**

Whole Grain Cereal  
Whole Grain Frozen Waffle  
Yogurt topped with Granola

### **Sandwich**

PB&J – Peanut butter and fruit spread sandwich  
Rice Cakes with Nut Butter  
Whole Grain Crackers with Nut Butter  
Homemade Crackers  
Roll-ups – whole grain tortilla shell – smear with nut butter/fruit spread or hummus /salsa  
Pita pocket stuffed with chili  
Bean Burrito or Quesadilla

### **Dip It with Veggies or Whole Grain Crackers**

Hummus  
Bean Dip  
Guacamole

### **Fruit**

Fresh fruit  
Dried fruit – fruit roll-ups  
Smoothies

### **Crunch**

Popcorn  
Nuts – Peanuts/mixed nuts  
Trail Mix  
Sweet Potato Chips/Vegetable Chips (Good Health Veggie Stix)

### **Sweet Side**

Oatmeal Cookies  
Breakfast bars (Kindsnacks.com; Balance Bar)