Tasty Menus for Kids & Families:



Breakfast
Lunch
Dinner
Desserts

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Tasty and balanced menus and cooking at home can lead everyone to a healthier lifestyle. Try some of these menus with your family. Shopping lists match a typical grocery store layout to save you time.

Breakfast

Menu 1
Orange
Instant Grits
Scrambled Egg
1% or nonfat skim milk
Kids can help by peeling the orange, stirring the grits and pouring the milk.
Shopping List: Orange (produce dept); Instant Grits (cereal aisle); Fresh Eggs, 1% or nonfat skim milk (dairy dept)

Menu 2
Cut-up Cantaloupe
Oat Cereal
Peanut Butter (or sunflower butter) heaped onto a tablespoon
1% or nonfat skim milk
Kids can help by pouring the cereal into bowls, scooping the nut butter and pouring the milk.
Shopping List: Cantaloupe (produce dept); Oat cereal (cereal aisle); Peanut Butter (PB & J aisle); 1% or nonfat skim milk (dairy dept)

Menu 3
Sliced Apple
Whole wheat toaster waffle with butter & light sprinkling of cinnamon-sugar
Turkey Sausage link
1% or nonfat skim milk
Kids can help by putting the waffle in the toaster, sprinkling the cinnamon-sugar and pouring the milk.
Shopping List: Apple (produce dept); Turkey sausage (meat dept); cinnamon, sugar (baking & spices aisle); Butter, 1% or nonfat skim milk (dairy dept); whole wheat toaster waffle (frozen breakfast case)

Menu 4
Strawberries
Hardboiled Egg
Mini Bagel with butter & jam
1% or nonfat skim milk
Kids can help by washing the strawberries, peeling the cooked eggs, spreading the bagels and pouring the milk.

Shopping List: Strawberries (produce dept); Jam (PB & J aisle); Fresh Eggs, butter, 1% or nonfat skim milk (dairy dept); mini bagel (packaged bread aisle)

Menu 5

Banana

Whole grain cheese toast

1% or nonfat skim milk

Kids can help by peeling the banana and pouring the milk.

Shopping List: Banana (produce dept); Whole grain bread (fresh bakery or packaged bread aisle); Natural part-skim Mozzarella cheese, 1% or nonfat skim milk (dairy dept)

Lunch

Menu 1

Turkey & cheese wrap sandwich on soft flour tortilla with lettuce

Pretzels

Unsweetened applesauce

1% or nonfat skim milk

Kids can help by making the wrap sandwich, scooping out the applesauce and pouring the milk.

Shopping List: Lettuce (produce dept); Sliced natural turkey, (deli dept); Unsweetened applesauce (canned fruit aisle); Pretzels (crunchy snack foods aisle); Sliced natural Provolone cheese, 1% or nonfat skim milk, soft flour tortillas (dairy dept)

Menu 2

Veggie 'chicken' nuggets

Baked potato crisps

Watermelon chunks

1% or nonfat skim milk

Kids can help by serving the potato crisps and watermelon, and pouring the milk.

Shopping List: Watermelon (produce dept); Baked Potato Crisps (crunchy snack foods aisle); 1% or nonfat skim milk (dairy dept); Veggie 'chicken' nuggets (frozen breakfast-lunch case)

Menu 3

Sloppy Joe on whole wheat bun

Baby carrots

Grapes cut in half

1% or nonfat skim milk

Kids can help by plating the Sloppy Joes, serving the carrots and grapes, and pouring the milk.

Shopping List: Baby carrots, Grapes (produce dept); Whole wheat buns (fresh bakery); Lean ground beef (meat dept); Sloppy Joe sauce in a can (canned vegetable aisle); 1% or nonfat skim milk (dairy dept)

Menu 4

Tuna salad on toasted English muffin
Banana
1% or nonfat skim milk
Kids can help by stirring the tuna salad, peeling the bananas and pouring the milk.
Shopping List: Banana (produce dept); Tuna in a can (canned meat aisle); Light mayonnaise (salad dressing aisle); 1% or nonfat skim milk (dairy dept); English Muffin (packaged bread aisle)

Menu 5
Peanut Butter (or sunflower butter) on whole wheat crackers
Cucumber & Sweet Red Pepper slices
Blueberries
1% or nonfat skim milk
Kids can help by spreading crackers with nut-seed butter, serving the veggies and pouring the milk.
Shopping List: Cucumber, Sweet Red Pepper, Blueberries (produce dept); Peanut Butter/Sunflower Butter (PB & J aisle); Whole wheat crackers (cookie-cracker aisle); 1% or nonfat skim milk (dairy dept)

Dinner

Menu 1
Spaghetti & Sauce
Italian Bread slices
Spinach or Romaine Lettuce Salad
Light Dressing
1% or nonfat skim milk
Kids can help by putting bread in a basket, dressing and tossing the salad and pouring the milk.
Shopping List: Spinach, Romaine Lettuce (produce dept); Italian Bread (fresh bakery); Spaghetti, Sauce (pasta and sauce aisle); Light Dressing (salad dressing aisle); 1% or nonfat skim milk (dairy dept)

Menu 2
Baked Meatball Sub Sandwich with Tomato Sauce & Cheese
Green Beans
Peach slices
1% or nonfat skim milk
Kids can help by assembling the sub sandwich, serving the peaches and pouring the milk.
Shopping List: Green Beans (produce or frozen vegetables dept); Submarine Roll (fresh bakery); Lean Ground beef (meat dept); Peach slices canned in juice (canned fruit aisle); Tomato Sauce (canned vegetables or pasta aisle); Natural shredded part-skim Mozzarella cheese, 1% or nonfat skim milk (dairy dept)

Menu 3
Boiled Shrimp with Cocktail Sauce
Corn on the Cob

Coleslaw
1% or nonfat skim milk
Kids can help by dishing up the cocktail sauce, dressing and stirring the coleslaw and pouring the milk.
Shopping List: Corn on the Cob, Cabbage (produce dept); Shrimp, Cocktail Sauce (seafood dept); Light Coleslaw dressing (salad dressing aisle); 1% or nonfat skim milk (dairy dept)

Menu 4
Oven or Grilled Chicken with Herbs
Brown Rice
Mango slices
1% or nonfat skim milk
Kids can help by measuring the dry rice, serving the mango and pouring the milk.
Shopping List: Mango (produce dept); Natural Whole Fryer Chicken or Chicken Pieces (meat/poultry dept); Instant Brown Rice (rice-pasta aisle); Shake-on Dried Herbs (spice aisle); 1% or nonfat skim milk (dairy dept)

Menu 5
Ham
Mashed Sweet Potatoes with Cinnamon
Pineapple Tidbits
1% or nonfat skim milk
Kids can help by mashing the sweet potatoes, sprinkling the cinnamon, dishing up the pineapple and pouring the milk.
Shopping List: Sweet Potatoes (produce); Pineapple (produce or canned fruit aisle); Ham (deli or meat dept); cinnamon (baking & spices aisle); 1% or nonfat skim milk (dairy dept)

Dessert

A small dessert is a sweet finish to any meal.

Fruit: Strawberries – Dried Apricots – Pear Slices sprinkled with Nutmeg – Pineapple – Plum – Sweet Apple – Cherries – Banana – Peach – Dried Currants – Raspberries – Blueberries – Pomegranate

Frozen Treats: Italian Water Ice – Fruit Juice Popsicle – Frozen Banana with Cocoa – Frozen Fruit Smoothie

Cookies: Ginger Snap Cookie – Graham Cracker – Animal Cracker – Chocolate Graham Cracker