

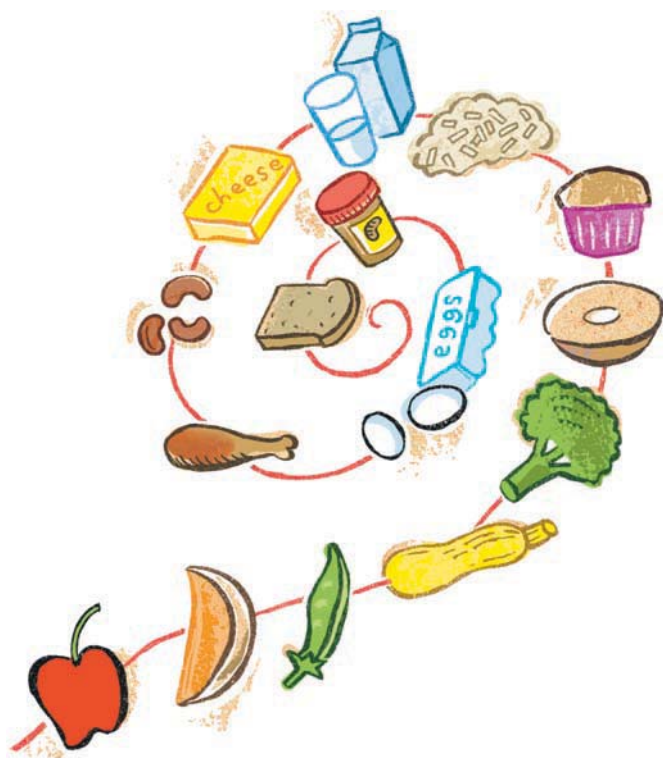
Easy Weekend Lunch Ideas

What makes a good weekend lunch for your family?

- **Easy** – Find quick, easy ideas for you have lots to do on weekends. You don't need to spend much time.
- **Healthful** – Offer mostly foods from the five major groups of the Food Guide Pyramid. There's plenty to pick from.
- **Tasty** – Offer foods that look and taste good. Your child may like different foods than you do. That's okay!

Your child may like lunch foods to

- Eat with just fingers!
- Partly prepare. (*Hint: The weekend may be a good time to cook together!*)
- Take to a fun place, perhaps for a backyard picnic.



Try this:

Here are just a few easy lunch ideas for kids. Talk, then write down your child's ideas, too. Try to add food-group foods.

"I'm hungry! What Can I Have for Lunch?"

Your child might enjoy these quick and easy foods.

- **Peanut butter roll-ups:** Spread a soft tortilla with peanut butter and grated carrots. Roll it!
- **Muffin pizza:** Top an English muffin half with tomato sauce, chopped broccoli, and shredded cheese. Heat it in a toaster oven or broiler.
- **Mexican pizza:** Top pita bread with salsa, refried beans, and grated cheese. Heat it.
- **Funny sandwiches:** Cut bread in fun shapes with cookie cutters. Top with deli meat, cheese, humus, or peanut butter.
- **Lunch pockets:** Stuff half a pita pocket with sliced chicken, shredded lettuce and carrot, and a little salad dressing.
- **Waffle sandwich:** Slice a frozen waffle in half. Make a sandwich filling with tuna or egg salad.
- **Chili boat:** Microwave a potato. Cut it in half, and hollow the middle. Fill it with chili.

Your Child's ideas:

Provided by _____

Easy Weekend Lunch Ideas

“What else?”

Apple slices

Banana half

Mango slices

Papaya slices

Strawberries

Tangerine sections

Dried fruit

Broccoli “trees”

Cucumber circles

Bell pepper sticks

Raw snap peas



Your child’s ideas:

“What to Drink?”

Plain or flavored milk

Water

Fruit smoothie

Vegetable soup



A weekend lunch is a great time to practice making choices.

- **You decide** – on lunch time. Offer two or three choices, too.
- **Let your child pick** – foods from what you offer and decide how much to eat.

