

Family Meal Idea (My Kid's Running List)

BREAKFAST:

- Acai Bowls (but probably only in the summer)
- Smoothies to go
- Oatmeal
- Breakfast burritos
- Biscuit and eggs
- Protein pancakes (no wheat ones.. Addie)
- Protein waffles
- Egg Sandwich
- Egg on bagel with avocado smash
- Yogurt Parfait
- Egg Bites

LUNCH:

- Cobb Salad (<https://www.momables.com/cobb-salad-teen-lunch/>)
- DIY Lunchable
- Pasta Salad
- Caesar Chicken Wraps
- Mac and Cheese
- Quesadillas and guacamole
- Croissant Sandwiches
- Mini waffle/pancakes
- Hard boiled eggs
- Yogurt and granola
- Chicken and rice burrito bowls
- Wrap rollups
- Homemade Uncrustables
- Fruit
- Popcorn
- Chocolate bar (Addie)

SNACKS:

- Homemade hot chocolate
- Fruit shakes
- Homemade protein balls
- Homemade granola bars (with chocolate chips..Addie)
- Apples and PB
- Cheese and crackers and pepperoni
- PB toast with banana slices
- Guca and chips
- Parfait
- Muffins (freezer)