

early childhood center

you belong at the center. experience it.



What to eat when you can't have meat?

Main Course Ideas:

- Sandwich Suggestions:
cheese, avocado, cucumber, veggie, cream cheese & jelly, honey, hummus peanut butter, (or other nut butters, depending on classroom) or any other spreads
- Fruit & cream cheese roll up (use a wrap, put cream cheese in the middle, place diced fruit in the cream cheese and roll it up!)
- Eggs (egg salad, hard boiled, quiche, or any other form of eggs)
- Pasta of any kind (warm in a thermos or a cold pasta salad), some suggestions:
Pesto, marinara, butter & parmesan, lasagna, tortellini
- Gnocchi
- Pizza
- Fish: salmon, cod, fish sticks, tuna, walleye No shellfish, please.
- Imitation crab meat
- Granola/Cereal Bars
- Cottage Cheese
- Tofu or faux meat options (chick nuggets, veggie burgers, etc.)
- Veggie or tofurkey "hot dogs" (halved or quartered to prevent choking)
- Hummus & pita
- Quesadillas (warm or cold from home)
- Salads of any kind
- Soup (in a thermos)
- Mac & Cheese
- Cous cous, rice, quinoa
- Beans (black, garbanzo, pinto, lentils, etc.)
- Beans & rice
- Pancakes, waffles, French toast or muffins
- Oatmeal
- Veggie nuggets (spinach & cheese)
- Potato, spinach or zucchini pancakes (from frozen food sections)
- Dry cereal/Granola

When making sandwiches, try alternating breads, bagels, wraps, pita, rice cakes and more to keep it interesting!

Side Dish Suggestions:

- Fruits & vegetables of any kind:
 - ~ Peas
 - ~ Carrots
 - ~ Avocado
 - ~ Green Beans
 - ~ Snap Peas
 - ~ Cucumbers
 - ~ Tomatoes
 - ~ Bell Peppers
 - ~ Squash
 - ~ Zucchini
 - ~ Edamame
 - ~ Broccoli or cauliflower
 - ~ Bananas
 - ~ Apples
 - ~ Berries (strawberries, raspberries, blueberries, blackberries)
 - ~ Pears
 - ~ Peaches or nectarines
 - ~ Oranges or tangerines (peeled)
 - ~ Grapes (halved or quartered to prevent choking)
 - ~ Apricots (fresh or dried)
 - ~ Pineapple
 - ~ Cantaloupe, honeydew or watermelon
 - ~ Sweet Potatoes
- Salsa with veggies, crackers, or chips
- Yogurt (add fruit, granola for more nutrition)
- Ranch, spinach, dill or other dressing/dip with veggies
- Veggie or fruity booty
- Pudding (banana, rice, tapioca, vanilla, etc.)
- Freeze Dried fruits & veggies (kids LOVE these!)
- Baked Beans
- Olives
- Applesauce and other fruit "sauce" varieties
- Ants on a log
- Crushers (or other varieties of "drinkable" fruits/veggies)
- Crackers of all kinds (i.e. cheese & crackers)
- Potato salad

contact us!

SABES JCC EARLY CHILDHOOD CENTER
4330 S CEDAR LAKE ROAD, MINNEAPOLIS, MN 55416
952.381.3430 | WWW.SABESJCC.ORG



sabes jcc