

# 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