

Nutrition

Lunch suggestions to help add variety and allow you to use real food when children are ready to move away from bottles or if your older children want more options.



MAIN:

- Pita Bread + Hummus
- Cheese + Crackers
- Turkey + Cheese Roll-ups
- Almond Butter + Jam Sandwich
- Cheese Quesadilla
- Hard Boiled Eggs
- Pasta Salad
- Meat + Cheese Kabob
- Chips + Guacamole
- Ham + Cheese Sandwich
- Bagel + Cream Cheese

- Veggie +Hummus Wrap

FRUITS + VEGGIES:

- Oranges
- Apples
- Strawberries
- Grapes
- Peaches
- Blueberries
- Raspberries
- Natural Applesauce
- Mangoes
- Melon
- Baby Carrots
- Cucumbers
- Grape Tomatoes
- Edamame
- Snap Peas

SIDES and SNACKS:

- Granola Bars
- Pretzels
- String Cheese
- Yogurt
- Trail Mix
- Fruit Leather
- Popcorn
- Crackers
- Chips + Salsa
- Fruit Cup

DRINKS:

- Water Bottle
- Smoothies
- Milk -- Cows or Nut/oat

Oral sensory snack ideas: Oral sensory processing also contributes to the way we move our mouths, control our saliva, and produce sounds for clear speech. The way our mouths perceive sensory information helps us eat and drink in a functional, adaptive way and allows us to enjoy and participate in mealtimes with family and friends.

<https://theinspiredtreehouse.com/oral-sensory-snack-ideas-kids/>