

# DINNER IDEAS

## GRILL

- Fajitas
- Salmon
- Kabobs
- Burgers
- Hot dogs
- Grilled chicken

## SOUP

- Carrot
- Potato
- Broccoli cheddar
- Chili
- Taco soup
- Chicken noodle
- French onion

## PASTA

- Spaghetti
- Baked ziti
- Ravioli
- Fettuccine alfredo
- Lasagna
- Stuffed shells
- Baked feta

## BREAKFAST FOR DINNER

- Pancakes
- Waffles
- Potato/egg skillet
- Crêpes
- Biscuits and sausage gravy
- Breakfast burritos
- Quiche

## SALAD

- Chicken caesar
- Taco salad
- BLT
- Buffalo chicken
- Cobb
- Greek
- Bean

## BAKE

- Baked potatoes
- Meatloaf
- Chicken & biscuits
- Calzones
- Pizza
- A casserole
- Ham

# DINNER IDEAS

## SANDWICHES

- BLTS
- Grilled cheese
- Chicken/egg salad
- Meatball
- Sloppy joes
- Bagel sandwiches
- Wraps

## MEXICAN

- Tacos (beef, chicken, fish)
- Enchiladas
- Tostadas
- Burrito bowls
- Quesadillas
- Loaded nachos

## CHICKEN

- Chicken & rice
- Chicken marsala
- Chicken pot pie
- Chicken parmesan
- Chicken divan
- Chicken curry

## OTHER

- Stir fry
- Pot roast
- Empanadas
- Fried rice
- Pierogies
- Corned beef & cabbage

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# SIDE IDEAS

## VEGETABLES

- Broccoli
- Squash
- Green beans
- Roasted mix
- Peas
- Baked corn
- Raw veggies with dip

## BREADS

- Biscuits
- Bread
- Dinner rolls
- Garlic bread
- Cheddar biscuits
- Cornbread
- Muffins

## SALADS

- Taco salad
- Caesar salad
- Southwest
- Cobb
- Fruit
- Caprese
- Bean

## PASTA/GRAIN

- Macaroni & cheese
- Couscous
- Rice
- Noodles
- Pasta salad
- Stuffing
- Rice-a-Roni

## POTATOES

- Fries
- Mashed
- Scalloped
- Baked
- Roasted
- Hash browns

## OTHER

- Chips & salsa
- Guacamole
- Fruit
- Veggies & hummus
- Egg rolls
- Baked beans

# LUNCH IDEAS

## SANDWICHES

- Deli
- PB&J
- Grilled cheese
- Chicken, egg, tuna salad
- Wraps
- Pitas

## SALADS

- Chicken caesar
- Taco salad
- BLT
- Buffalo chicken
- Cobb
- Greek

## BREAKFAST FOR LUNCH

- Toast & eggs
- French toast
- Waffles
- Pancakes
- Sausage & eggs
- Oatmeal

## OTHER

- Snack lunch
- Soup
- Meatballs
- Quesadillas
- Hot dogs
- Mac & cheese

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# BREAKFAST IDEAS

SKILLET	BREAD/PASTRY
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- Eggs
- Pancakes
- French toast
- Omelets
- Hash browns
- Bacon/sausage

- Bagels
- Donuts
- English muffins
- Muffins
- Toast
- Biscuits
- Cinnamon rolls

OTHER	
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- Egg casserole
- Cereal
- Oatmeal
- Cream of wheat
- Breakfast sandwich
- Breakfast burrito
- Fruit
- Yogurt

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# SNACK IDEAS

## VEGGIES

- Carrots
- Cucumbers
- Peppers
- Avocado & toast
- Broccoli
- Tomatoes
- Snap peas

## CRACKERS & COOKIES

- Cheese & crackers
- Graham crackers
- Energy balls
- Peanut butter crackers

## FRUIT

- Applesauce
- Grapes
- Berries
- Melons
- Bananas or apples with peanut butter
- Dried fruit
- Fruit salad

## DIP

- Hummus
- Salsa
- Guacamole
- Ranch
- Peanut butter

## OTHER

- Cereal
- Granola bar
- Mixed nuts
- Chex mix
- Rice cakes
- Pretzels
- Raisins

## OTHER

- Veggie straws
- Lunch meat
- Muffins
- Popcorn
- Smoothie
- Oatmeal
- Pickles







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# SIDE IDEAS

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