



Meal Ideas for Summer Intensive Students

Lunch

Peanut Butter and Jelly
Tuna Salad Sandwich
Chicken Caesar Salad
Hard boiled Eggs
Ham and Cheese Sandwich
Apples and Peanut Butter
Trail Mix
Cut Fruit
Berries
Cut Veggies and Dip or Hummus
Yogurt and Granola
Dried Fruit/Fruit leather
Popcorn
Pretzels
String Cheese
Turkey/Roast Beef Sandwich
Bagel and Cream Cheese (can add lox, capers, onions)
Pasta Salad

Dinner

Tacos
Vegetable Stir Fry with Tofu
Spaghetti/Pasta (can add meat/vegetables/ different sauces)
Curry with Chicken, Beef, Fish or Tofu
Breakfast for Dinner, Eggs, Bacon, Pancakes, etc.
Canned Soup
Burritos
Macaroni and Cheese (can add frozen veggies, tofu or chicken)
Healthy Frozen Meals
Grilled Cheese
Rice & Beans (can add cheese, salsa, guacamole, sour cream etc)
Sushi from the grocery store (only good for consumption the next day)