

## CENTERVILLE TEAM FOOD WORKSHEET

MEET \_\_\_\_\_ DATE \_\_\_\_\_

### Breakfast Ideas (choose 2)

- hard-boiled eggs
- bagels - cream cheese, jelly, pb
- mini muffins
- fruit
- dry cereal & milk (skim)
- pancakes – no butter, light syrup (Oatmeal Banana pancakes\*)
- oatmeal - instant or in a crock pot
- egg mcmuffins, biscuit egg sandwich, individual egg casseroles
- energy bites/oatmeal snacks
- yogurt & add-ins (nuts, granola, mini chocolate chips, fruit)

### Brown Bag Lunch or Dinner (choose all 3)

- sandwich/wrap
- chips/pretzels/snack item
- fruit/veggie

*Sandwich Ideas:*

*PB&J or PB & banana*

*Chicken Caesar wrap\**

*Ham/Turkey & cheese on buns*

### Hot Lunch or Dinner

#### **Main Items (no pork please) (choose 1)**

- Pasta w/meatballs or meat sauce
- Fajita meat w/tortillas, cheese, rice and/or beans
- Pulled chicken w/buns - bbq sauce or plain (option: chicken & noodles)
- Soups (chicken tortilla\*, chicken noodle, vegetable)
- Brazilian chicken\* w/rice
- Baked potatoes w/toppings (chili (no beans), cheese, low-fat sour cream, bacon bits, steamed broccoli)
- Meatball subs

#### **Sides (choose 1 or 2 depending on main dish)**

- Mac & cheese
- Veggies - carrots, celery, bagged salad w/dressing on side
- noodles/pasta
- mashed potatoes
- fruit salad or individuals (fruit cups or fresh: clementines/grapes/berries)
- cheese sticks
- yogurt

\*Recipes available on website