

Infant and Toddler *to-go* Lunch ideas

Infant pick-up foods

Banana
Avocado
Tofu
Semi-hard cheeses -- Jack, Colby, (introduce over 12 months)
"O" shaped cereal, puffed rice cereal

Examples of cooked finger foods

Apples slices, pear slices
Whole asparagus spears
Carrots sticks/rounds or baby carrots
Zucchini or yellow squash rounds
Broccoli spears, whole green beans
Sweet potato slices or cubes
Edamame (soybeans)

Toddler lunches

Sandwiches: If you have time, cut the sandwiches into fun shapes with a cookie cutter. Alternate ideas for the PB&J- Cream Cheese and jelly sandwiches, Wraps-using whole wheat wraps spread with mayo, butter, add lunchmeat and slice of cheese or shredded cheese, roll-up and cut in half on the angle. Or just pack a scoop of Hummus (can buy it or make it with veggies mixed in) and serve with a side of crackers or rice cake to dip it.

Whole Wheat Pasta: serve with small amount of butter or sauce and cooked veggies

Soups: Pack a warm hearty soup in a thermos and send with goldfish or crackers

Fresh Fruit: Cut up an orange, slice a banana, chop an apple, and cut a few grapes into quarters. Or just pack a different fruit every day. Pack a yogurt dip for them to dunk their fruit.

Sides: edamame (soybeans) steam the night before; can be served cold/room temp. Peeled and sliced cucumber, mini carrots sticks (come in individually wrapped packages and are very small) Pack veggies with ranch dip (also come in individual serving) String cheese, cheese sticks (cut them into cubes), pretzels, *Crunchitos* all natural baked snacks, (a healthy alternative to Cheetos) small box of raisins.

Desserts: yogurt cups, applesauce, vanilla pudding made with whole milk (these can be found in individually packed cups)

Desserts-hearty options: Trail mix, oatmeal cookies, granola bars

Please note that many of these foods can present choking hazards to children under three. The American Academy of Pediatrics considers the following foods to be dangerous for children under the age of three: Nuts, hard candy, grapes, hot dogs, chunks of meat, raw carrots, popcorn and apples. The AAP also recommends that all toddler food be cut into thin slices to prevent choking.