



Sanderson Family Food List

Breakfast	Lunch	Dinner	Sides/Snacks
Nutella® with strawberries or Bananas Eggs PB&J Toast Waffles Pancakes Smoothies Granola and yogurt Toast with avocado Cereal Oatmeal - overnight or instant Fruit	Wraps - Chicken or Turkey PB&J Soup Peanut Butter with apple and Pretzels Hummus and Veggies Fried Rice Pasta Salad Chicken nuggets Salad Pasta Rice with cucumber and avocado	Stuffed Shells Chili Burgers Chicken/eggplant "Parm" Roast Chicken Quesadillas Fajitas/tacos - veggie, meat, fish Thai lettuce wraps Spring rolls Mussels Fish: pan seared/in parchment Grilled veggie sandwiches Chicken Cesar salad with garlic pita Potato Bar Turkey/veggie chili Pulled chicken Pizza breads Shepard's pie Hot dogs and/or hamburgers Buffalo broc/cauliflower and wings Zucchini pasta with pesto or other sauce Pasta with Alfredo or veggie sauce Turkey meatball subs	Kale chips Salad Mashed potatoes Sweet potato chips Whole sweet potatoes Veggies- roasted, steamed Spinach and mushrooms sautéed Quinoa with veggies "Fries" Popcorn - maple, smart pop Hummus and veggies Guacamole with veggies Nachos with guacamole and salsa Corn on the cob

Notes
