

EASY VEGETARIAN MEAL IDEAS

BREAKFAST

Pancake
Pockets

Whole Wheat
Bagel with
Peanut Butter
& Sliced
Banana

Overnight
Oatmeal

Yogurt,
Fruit &
Granola
Breakfast
Bowl

Apple
Donuts

Mini-Pancakes
with Nutella &
Sliced
Strawberries

Smoothies
&
French
Toast Sticks

LUNCH

Peanut
Butter &
Honey
Quesadilla's

Pigs in a
Blanket

Fruit &
Granola
Wraps

Grilled
Cheese &
Soup

Waffle
Sandwiches

Nachos

Homemade
Bagel Pizzas

SNACK

Cottage
Cheese
with Fruit

Energy
Bites

Celery
Sticks/Apple
&
Peanut
Butter

Fruit
Leather
& Nuts

Peanut
Butter Rice
Krispies
Treats

Fruit
Kabobs

Veggies
& Dip

DINNER

Burgers &
Sweet
Potato Fries

Ravioli Bake
&
Garlic Bread

Tacos

Baked
Potato
Bar

Vegetable
Pizza Wraps
& Kettle
Chips

Mashed
Potatoes,
Corn &
Vegetarian
Meatballs

Enchiladas
& Rice