

KIDS IN THE KITCHEN

A KID FRIENDLY COOKBOOK



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- P R E F A C E -

Childhood obesity is an ongoing issue in the United States. Teaching students about nutrition and encouraging healthy eating is one way to combat this issue. Nutrition is an essential component to a healthy lifestyle. While students can be taught fitness, motor skills, and movement patterns in the classroom, nutrition is something that is mostly learned in the home. The eating habits that are taught in the home are often carried into adulthood. For these reasons, it is important to teach students about nutrition at an early age.

I wanted to create a cookbook filled with recipes that are not only healthy but kid friendly. The recipes compiled in this book are designed to get kids in the kitchen with their parents and be an active part of shaping and molding their diet and eating habits. My hope is that students and parents are able to discover some new healthy options to incorporate into their diet.

Nutrition Label Breakdown

Serving Sizes: Everything listed on the label is for 1 serving size. If you eat multiple servings, multiply the nutrition information by the number of servings you consume.

Serving Size 1 cup (228g)
Servings Per Container About 2

Calories: How much energy you receive from one serving. Aim for food that is high in nutrients and low in calories.

Calories 250

Total Fat 12g
Saturated Fat 3g
Trans Fat 3g
Cholesterol 30mg
Sodium 470mg
Total Carbohydrate 31g
Dietary Fiber 0g
Sugars 5g
Proteins 5g
Vitamin A
Vitamin C
Calcium
Iron

Nutrients: This is where the amount of fat, cholesterol, sodium, carbohydrates, sugars, protein, fiber, and vitamins and minerals is listed. Select foods that are high in protein, fiber, and vitamins. Eat less, or avoid foods that are high in fat, cholesterol, sugar, and sodium.

18%
15%
10%
20%
10%
0%

The %DV is based on a 2,000 calorie diet and indicates how much a food contributes to your total daily diet. %DV adds up to 100% of your recommend daily intake.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The footnote provides a breakdown of how many grams of each nutrient you should consume for both a 2,000 and 2,500 calorie per day diet.

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BREAKFAST RECIPES

- MENU -

BREAKFAST EGG CUPS



BANANA ROLL-UPS



EGGS IN THE HOLE
WITH BACON



BERRY YOGURT
PARFAIT



ORANGE POWER
SMOOTHIE





Breakfast Egg Cups



Breakfast Egg Cups

RECIPE NAME

Breakfast

CATEGORY

10 minutes

TIME TO PREPARE

25 minutes

TIME TO COOK

Muffin Tin
Mixing Bowl
Whisk
Knife
Cutting Board

TOOLS TO USE

INGREDIENTS

- 6 large eggs
- 1/4 cup milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 medium red bell pepper
- 3/4 cups spinach
- 1 ounce cheddar cheese
- cooking spray

PROCEDURE

1. Preheat oven to 375°F. Spray the muffin tin with cooking spray and set aside.
2. Whisk together eggs and milk in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack and roll the spinach leaves and chop into thin pieces.
4. Add peppers, spinach, and cheese to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes or until eggs are stiff.
6. Allow egg cups to cool before serving.



Banana Roll-Ups



Banana Roll-Ups

RECIPE NAME

Breakfast

CATEGORY

10 minutes

TIME TO PREPARE

5 minutes

TIME TO COOK

Mixing Bowl
Rubber Spatula
Griddle or Pan

TOOLS TO USE

INGREDIENTS

- 1/2 cup low-fat cream cheese
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 3 medium bananas
- 3 medium sized, whole wheat tortillas

PROCEDURE

1. Mix together cream cheese, honey, and cinnamon in a small bowl.
2. Spread mixture onto tortilla.
3. Place whole banana onto tortilla and roll up.
4. Place roll onto hot griddle or pan. Cook until golden brown on each side.



Eggs in the Hole with Bacon



Eggs in the Hole with Bacon

RECIPE NAME

Breakfast

CATEGORY

5 minutes

TIME TO PREPARE

15 minutes

TIME TO COOK

2 Large Skillets
Spatula
Cookie Cutter
Butter Knife
Paper Towels

TOOLS TO USE

INGREDIENTS

- 4 slices of bacon
- 1 tablespoon unsalted butter
- 4 slices of whole grain bread
- 4 large eggs
- 4 tablespoons of grated parmesan cheese
- Salt and pepper to taste

PROCEDURE

1. Heat large skillet over medium-high heat. Fry bacon until crisp. Remove bacon from pan to paper towels to cool. Once cool, crumble bacon and set aside.
2. Add butter to the rendered bacon fat and set aside.
3. Cut a peice from the center of the bread using a cookie cutter. Spread the butter-bacon fat mixture onto both sides of the bread.
4. Toast slice of bread in a skillet over medium heat until browned on one side. Crack an egg into the hole of the bread and sprinkle with 1 tablespoon of parmesan cheese; cook 2 minutes. Flip slice of bread and season with salt and pepper. Repeat.
5. Transfer to plate and top with crumbled bacon.



Berry Yogurt Parfait



Berry Yogurt Parfait

RECIPE NAME

Breakfast

CATEGORY

15 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

4 Plastic Cups
Spoon

TOOLS TO USE

INGREDIENTS

- 3/4 cups crushed graham crackers
- 20 ounces vanilla yogurt
- 1/2 pound diced strawberries
- 3 ounces blueberries

PROCEDURE

1. In a small plastic cup begin layering crushed graham crackers, yogurt, diced strawberries, and blueberries. Repeat.
2. Store in refrigerator until ready to eat.



Orange Power Smoothie



Orange Power Smoothie

RECIPE NAME

Breakfast

CATEGORY

5 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

Blender

TOOLS TO USE

INGREDIENTS

- 2 medium carrots
- 3/4 cup pineapple juice
- 1/2 cup orange juice
- 1 tablespoon honey
- 1/2 cup plain Green yogurt

PROCEDURE

1. Blend carrots with pineapple juice until smooth.
2. Add orange juice, honey, and yogurt blend until frothy and smooth.
3. Serve cold.

LUNCH RECIPES

- MENU -



CHICKEN SALAD PITAS



HAM AND CHEESE
POCKETS



PB&J BANANA
BURRITO



LASAGNA ROLL-UPS



BAKED CORN DOGS





Chicken Salad Pitas

Chicken Salad Pitas

RECIPE NAME

Lunch

CATEGORY

15 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

Large Mixing Bowl
Knife
Spoon

TOOLS TO USE

INGREDIENTS

- 1 large can of chicken, drained
- 1/3 cup mayonaise
- salt and pepper to taste
- 1/4 cup dried cranberries (optional)
- 1 slice of pita bread
- lettuce

PROCEDURE

1. In a large mixing bowl combine chicken, mayonnaise, cranberries, salt, and pepper.
2. Cut pita bread in half and stuff with lettuce.
3. Spoon chicken salad into pita halves.



Ham and Cheese Pockets



Ham and Cheese Pockets

RECIPE NAME

Lunch

CATEGORY

15 minutes

TIME TO PREPARE

20 minutes

TIME TO COOK

Small Mixing Bowl
Whisk
Knife
Rolling Pin
Fork
Baking Sheet
Parchment Paper or Silicone Mat

TOOLS TO USE

INGREDIENTS

- 1 box of puff pastry sheets (2 pack)
- 21 slices of black forest ham
- 8 slices of mild cheddar cheese
- Mustard; dijon, honey, or yellow (about 1 teaspoon per pocket)
- 1 large egg; whisked

PROCEDURE

1. Cut each pastry sheet into fourths. Roll each square slightly to flatten.
2. Add 3 slices of ham, 1 slice of cheese, and 1 teaspoon of mustard to each pastry square.
3. Brush the whisked egg on to the edges of half of each pastry square.
4. Fold the pastry sheet over the ham, cheese, and mustard and crimp the edges with a fork to seal the dough together.
5. Place squares on parchment or silicone lined baking sheet. Cut a few slits in the top of each square and brush each top with whisked egg.
6. Bake at 400°F for 15 to 20 minutes or until golden brown.



PB&J Banana Burrito



PB&J Banana Burrito

RECIPE NAME

Lunch

CATEGORY

5 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

Knife
Spoon

TOOLS TO USE

INGREDIENTS

- 1 (8-inch) whole wheat tortilla
- 3 tablespoons peanut butter
- 2 tablespoons jelly (grape or strawberry)
- 1 banana

PROCEDURE

1. Spread the tortilla with an even layer of peanut butter.
2. Spread an even layer of jelly on top of peanut butter.
3. Place banana near the edge of the tortilla and roll to the other edge. Cut burrito in half.



Lasagna Roll-Ups



Lasagna Roll-Ups

RECIPE NAME

Lunch

CATEGORY

10 minutes

TIME TO PREPARE

15 minutes

TIME TO COOK

Large Pot
Colander
Baking Sheet
Medium Mixing Bowl
Spoon
Knife
4 Lunch Containers

TOOLS TO USE

INGREDIENTS

- 8 lasagna noodles
- olive oil
- 1 1/2 cups part-skim ricotta
- 3 tablespoons grated parmesan cheese
- 5 sun-dried tomatoes packed in oil; finely chopped
- 1 cup loosely packed fresh basil; torn
- 24 pepperoni slices (optional)
- salt
- 1 cup marinara sauce for serving

PROCEDURE

1. Bring large pot of salted water to a boil. Cook lasagna noodles according to the package. Once cooked drain noodles and toss with olive oil. Lay noodles out on baking sheet, not overlapping, to cool.
2. Mix together ricotta, parmesan, tomatoes, and 1/2 teaspoon of salt in a medium bowl.
3. Divide the ricotta mixture evenly on the noodles, spreading it from end to end of each noodle. Top with a few pieces of basil and 3 pepperoni slices.
4. Roll each noodle up and cut in half making 16 rolls. Pack 4 rolls, ruffle side up, in lunch container and refrigerate. Serve with 1/4 cup marinara per 4 rolls.



Baked Corn Dogs



Baked Corn Dogs

RECIPE NAME

Lunch

CATEGORY

10 minutes

TIME TO PREPARE

25 minutes

TIME TO COOK

Baking Sheet
Parchment Paper
Medium Mixing Bowl
Popsicle Sticks

TOOLS TO USE

INGREDIENTS

- 1 1/2 cups all purpose flour
- 2/3 cup yellow corn meal
- 2 teaspoons baking powder
- 2 teaspoons sugar
- salt and pepper
- 2/3 cup milk
- 2 eggs; lightly beaten
- 2 teaspoons vegetable oil
- 4 pre-cooked chicken sausages

PROCEDURE

1. Preheat oven to 375°F. Line baking sheet with parchment paper and set aside.
2. In a medium bowl whisk together flour, corn meal, baking powder, sugar, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Make a well in the center of mixture and add milk, eggs, and oil. Mix until well combined.
3. Insert a popsicle stick into one end of each sausage; leaving about a 1 1/2 inch handle. Dust each sausage with flour.
4. Coat sausage evenly with batter and place on baking sheet. Bake 5 minutes.
5. Remove from oven and reapply batter that has fallen off.
6. Return to oven and bake 20 minutes or until golden brown.

DINNER RECIPES

- MENU -

VEGGIE FRIED RICE



ZUCCHINI BOATS



STUFFED TACO
CRESCENT ROLLS



SHEET PAN CHICKEN,
BACON, AND VEGGIES



FISH FINGERS





Veggie Fried Rice



Veggie Fried Rice

RECIPE NAME

Dinner

CATEGORY

10 minutes

TIME TO PREPARE

15 minutes

TIME TO COOK

Skillet
Knife

TOOLS TO USE

INGREDIENTS

- 2 cups cooked brown rice
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon garlic powder
- 1/2 tablespoon ginger
- 1 cup of favorite frozen vegetables
- 1 tablespoon sesame oil
- 2 scallions

PROCEDURE

1. Cook rice and vegetables according to their packages.
2. Heat sesame oil in a skillet. Add cooked rice and vegetables.
3. Stir in garlic powder, ginger, and soy sauce. Cook for a few minutes.
4. Top with sliced scallions.



Zucchini Boats

Zucchini Boats

RECIPE NAME

Dinner

CATEGORY

10 minutes

TIME TO PREPARE

25 minutes

TIME TO COOK

Baking Sheet
Knife
Mixing Bowl
Spoon

TOOLS TO USE

INGREDIENTS

- 2 small zucchinis
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 onion; chopped
- 2 cloves garlic; chopped
- 1/2 cup tomato paste
- 1/2 cup grated mozzarella cheese
- 1 tablespoon herbes de provence
- 2 tablespoons olive oil

PROCEDURE

1. Wash zucchinis well then cut lengthwise in half. Spoon out the soft center of the zucchinis into a mixing bowl so you are left with a "boat."
2. Preheat the oven to 350°F.
3. Chop soft zucchini center into smaller pieces. This will be part of the filling for the boats.
4. Add black pepper, salt, chopped onion, garlic, tomato paste, cheese, herbes de provence into soft zucchini filling. Mix well.
5. Stuff boats with filling and sprinkle with cheese.
6. Drizzle the boats with olive oil
7. Bake for 25 minutes or until golden brown.



Stuffed Taco Crescent Rolls



Stuffed Taco Crescent Rolls

RECIPE NAME

Dinner

CATEGORY

10 minutes

TIME TO PREPARE

12 minutes

TIME TO COOK

Skillet
Baking Sheet
Parchment Paper
Spoon

TOOLS TO USE

INGREDIENTS

- 1 package crescent rolls (8 count)
- 1 pound ground turkey
- 1 package of taco seasoning
- 1 cups Mexican cheese
- 1/2 cup sour cream
- 1/2 cup salsa

PROCEDURE

1. Preheat oven to 350°F.
2. In a skillet brown ground turkey. When brown add taco seasoning. Remove from heat when cooked.
3. Line baking sheet with parchment paper.
4. Lay crescent rolls flat on the parchment paper and scoop 2 tablespoons of taco meat on each roll.
5. Sprinkle 1 tablespoon of shredded cheese on top of taco meat.
6. Roll crescent rolls and bake 10-12 minutes.
7. Serve with sour cream and salsa.



Sheet Pan Chicken, Bacon, and Veggies



Sheet Pan Chicken, Bacon, and Veggies

RECIPE NAME

Dinner

CATEGORY

15 minutes

TIME TO PREPARE

20 minutes

TIME TO COOK

Sheet Pan
Knife

TOOLS TO USE

INGREDIENTS

- 16 ounces boneless, skinless chicken breasts
- 5 strips of bacon
- 2 medium sweet potatoes
- 1 medium white onion
- brussel sprouts
- 2 tablespoons rosemary
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder
- 2 tablespoons olive oil

PROCEDURE

1. Preheat oven to 450°F.
2. Cover sheet pan with half of the olive oil, salt, pepper, rosemary, and garlic powder and spread evenly.
3. Cut chicken and bacon into chunks. Cube sweet potatoes and onions. Cut brussel sprouts in half.
4. Spread the meat and veggies onto the pan and mix evenly with oil and spices.
5. Drizzle remaining olive oil, salt, pepper, rosemary, and garlic powder over meat and veggies.
6. Bake for about 20 minutes.



Fish Fingers



Fish Fingers

RECIPE NAME

Dinner

CATEGORY

5 minutes

TIME TO PREPARE

15 minutes

TIME TO COOK

Skillet
Knife

TOOLS TO USE

INGREDIENTS

- 4 fish fillets
- 1 cup panko bread crumbs
- 2 eggs; lightly beaten
- olive oil
- salt and pepper

PROCEDURE

1. Cut fish fillets into 1/2 inch strips.
2. Heat skillet on stove top.
3. Add a small amount of olive oil to skillet.
4. Dip fish strips in egg, then into breadcrumbs.
5. Place breaded fish into hot pan and fry about 2 minutes per side or until golden brown.
6. Season with salt and pepper.

SNACK RECIPES

- MENU -



SOFT ROASTED
CHICKPEAS



STAWBERRY BANANA
POPSICLES



VEGETABLE HUMUS
BITES



FROZEN BLUEBERRY
YOGURT BITES



YUKON GOLD POTATO
CHIPS





Soft Roasted Chickpeas



Soft Roasted Chickpeas

RECIPE NAME

Snack

CATEGORY

5 minutes

TIME TO PREPARE

15 minutes

TIME TO COOK

Mixing Bowl
Spoon
Baking sheet

TOOLS TO USE

INGREDIENTS

- 1 can of chickpeas (14.5-ounce); rinsed, drained, and patted dry
- 1 teaspoon canola oil
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt

PROCEDURE

1. Preheat oven to 325°F.
2. (Optional) Rub the chickpeas with a clean kitchen towel to remove skins.
3. Stir together chickpeas with oil, cinnamon, honey, vanilla, and salt in a medium bowl.
4. Spread chickpeas evenly on to baking sheet.
5. Bake for 12-15 minutes.



Stawberry Banana Popscicles



Strawberry Banana Popsicle

RECIPE NAME

Snack

CATEGORY

10 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

Blender
Popsicle Molds
Popsicle Sticks

TOOLS TO USE

INGREDIENTS

- 1 large ripe banana; peeled, cut into chunks, frozen
- 12 large strawberries, sliced in half
- 1/2 cup pineapple juice (or orange juice)
- honey (optional)

PROCEDURE

1. Blend all ingredients together in a blender on high until smooth.
2. If the mixture is not sweet enough, add a bit of honey and blend.
3. Pour mixture into popsicle molds and insert popsicle stick.
4. Freeze overnight.
5. Run popsicles under warm water to remove from mold.



Vegetable Hummus Bites



Vegetable Hummus Bites

RECIPE NAME

Snack

CATEGORY

15 minutes

TIME TO PREPARE

0 minutes

TIME TO COOK

Corer
Knife

TOOLS TO USE

INGREDIENTS

- Traditional humus
- 1 red bell pepper
- 1 green bell pepper
- 1 large zucchini

PROCEDURE

1. Slice zucchini into 1 1/2 inch thick rounds.
2. Use the corer to gently remove the middles of the zucchinis. Do not go all the way through the zucchini, just about half way through.
3. Fill zucchini with hummus.
4. Slice green and red bell peppers into strips.
5. Place 1 red and 1 green bell pepper strip into the center of each zucchini.



Frozen Blueberry Yogurt Bites

Frozen Blueberry Yogurt Bites

RECIPE NAME

Snack

CATEGORY

10 minutes

TIME TO PREPARE

60 minutes to freeze

TIME TO COOK

Baking Sheet
Parchment Paper
Medium Mixing Bowl
Rubber Saptula

TOOLS TO USE

INGREDIENTS

- 1 pint container of blueberries
- 1 cup vanilla, nonfat Greek yogurt
- 1 tablespoon stevia (or favorite sugar substitute)

PROCEDURE

1. Line baking sheet with parchment paper and set aside.
2. In a medium bowl, stir together yogurt and sweetener.
3. Gently fold in blueberries to yogurt. Scoop covered blueberries with a fork and tap of excess yogurt.
4. Place blueberries on to the baking sheet making sure they don't touch.
5. Freeze for about 1 hour or until bluberries are completely frozen.



Yukon Gold Potato Chips



Yukon Gold Potato Chips

RECIPE NAME

Snack

CATEGORY

10 minutes

TIME TO PREPARE

25 minutes

TIME TO COOK

Baking Sheet
Medium Mixing Bowl
Rubber Saptula

TOOLS TO USE

INGREDIENTS

- 2 large Yukon gold potatoes; sliced thinly (about 1/4 inch)
- 2 tablespoons olive oil
- 1 teaspoon salt
- black pepper to taste
- 1 1/2 tablespoon dried rosemary

PROCEDURE

1. Preheat oven to 400°F.
2. Toss potato slices with olive oil, salt, and pepper in a mixing bowl.
3. Lay coated potatoes in a single layer on a baking sheet and sprinkle with rosemary.
4. Bake 20-25 minutes or until golden and crispy.

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