

## **Ideas for Nutritious Meals and Snacks**

The Graland Task Force on Nutrition was formed in 2004 and was comprised of Graland parents, administration, and faculty who made recommendations with the goal of promoting nutrition education and ensuring that food choices on campus are as healthy as possible. The Nutrition committee was formed from the Task Force to see these recommendations through. With the current mission of establishing and managing nutrition guidelines for all foods available on campus with the objectives of promoting student health linked to academic productivity and lifelong healthy nutrition practices, the committee has several goals for the 2009/2010 school year:

- 1- Best efforts to provide fresh, healthy snacks & lunch options that are chemical free and low in sugar and salt.
- 2- Implement a successful “5 A-Day Challenge”
- 3- Communicate nutrition goals throughout the Graland community

With these goals in mind, the Nutrition committee will provide ideas for better health and nutrition in the GPA eNews each month. Following is a list of simple and delicious food suggestions:

### **Snacks:**

hard boiled egg  
hummus & pita with veggies  
tortilla chips & salsa  
fresh fruit salad  
bagels & cream cheese  
edamame  
apples  
yogurt  
soy crisps  
natural fig cookies  
“pirate booty”  
bananas  
english muffin w/any nut butter- if no allergies are present  
melba toast with cream cheese and dried fruit  
sliced cucumbers and swiss cheese  
figs  
air popped popcorn  
dried apricots and cubes of cheese  
natural pudding  
celery with cream cheese and raisins  
artichokes  
carrots & dip  
prunes  
plantain chips  
nuts- if no allergies are present

**Lunch:**

quesadillas

sushi

sandwiches

grilled chicken breast with roasted potatoes

“pinwheels”- tortillas, cream cheese & favorite deli meat rolled and sliced into wheels

soups

smoked salmon with bagel & cream cheese

tofu and veggies

lasagna

turkey or veggie wraps

bean and rice salad

pasta salads with veggies

tuna fish shell pasta salad

soba noodles, edamame & tofu

pizza

bento boxes

**Breakfast:**

multigrain waffles

hard boiled egg

cinnamon raisin toast

yogurt

steele cut oatmeal

omelets

dry cereal

smoothies

flax seed pancakes

seasonal fresh fruit

breakfast burrito

granola bars

fruit muffin

quiche

french toast

grapefruit

crepes

bacon & egg biscuit