



# Healthy Snack and Meal Ideas for School Family Nights

With school, work, meetings, and extra-curricular activities, it can be difficult to schedule time with your family. School family nights give opportunities to reconnect with your family in a fun-filled evening complete with tasty healthy meals or snacks that are easy to prepare!

## Snack Ideas

- Raw vegetables with hummus (chickpea dip)
- Whole grain crackers topped with light cheddar cheese
- Cut up fruit with yogurt as a dip
- Plain popcorn sprinkled with parmesan cheese
- Fruit salsa with baked pita bread (see recipe below)
- Popsicles made with fruit and yogurt

## Meal Ideas

- Quesadillas made with cheese, chopped vegetables, and beans
- Whole wheat pita pizzas with vegetables and cheese
- Baked chicken tenders with Tzatziki sauce and baked sweet potato “fries”
- Tuna salad sandwiches and vegetable kabobs
- Vegetable fajitas topped with cheese
- Hamburger soup with a whole wheat bun

## Quick Tips

- Serve milk or water instead of pop or juice.
- Adding strawberries and lemon to water is a great way to boost the flavor!

### Fruit Salsa Recipe

2 peaches, chopped  
2 nectarines, chopped  
4 kiwi, chopped  
2 16oz containers of strawberries, chopped  
1 tablespoon lemon juice  
1/4 cup strawberry jam

Add all of the fruit to a large bowl, drizzle with lemon juice and jam and lightly fold. Serve with baked pita wedges sprinkled with cinnamon.

