

School Lunch Ideas

Main

- Assorted meat, cheese, crackers
- Pita bread and hummus
- Chicken salad on roll or croissant
- Wrap (Turkey Bacon Avocado, Caesar, etc).
- Pasta salad
- Healthy Muffins
- Ham and cheese sliders
- Sushi rolls
- Bagel and cream cheese
- 7-layer Bean Dip with Chips
- Salad with their favorite toppings
- Bean and Cheese burrito
- Egg salad sandwich
- Almond butter and honey sandwich
- Spring Rolls
- Pizza quesadillas or leftover pizza
- Tuna with crackers or on sandwich

Hot Lunch (Thermos)

- Reheated leftovers, pasta, casserole
- Soup or Chili
- Oatmeal
- Egg Casserole
- Ravioli
- Easy mac
- Waffles, French Toast
- Taquitos
- Chicken nuggets
- Grilled cheese

Fruits + Veggies

Veggies: Cucumber, cherry tomato, avocado, snap peas, celery, carrots, bell peppers, pickles, broccoli, edamame

Dips: Homemade ranch or hummus

Fruit: orange, sliced apples, berries, banana, applesauce, grapes, cut up melon, mango, kiwi, grapefruit, peaches, dried fruit

Sides + Snacks

- Nuts or Trail mix
- Healthy Muffin
- Skinny banana bread
- Granola bars or energy balls
- Hard-boiled eggs
- Celery with peanut butter
- Chips and salsa or guacamole
- Fruit leather
- String cheese
- Cottage cheese and crackers
- Popcorn
- Chex mix
- Yogurt and Granola
- Crackers
- Fig bar
- Rice Cakes
- Beef Jerky
- Lara Bars
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More Ideas...

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