

# back to 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 & Cheese Sliders
  - Sushi Rolls
  - Bagel and cream cheese
  - 7-Layer bean dip with chips
  - Salad with their favorite toppings
  - Bean & 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 & Salsa or Guacamole
- Fruit Leather
- Cottage cheese and crackers
- String Cheese
- Popcorn
- Chex Mix
- Yogurt and Granola
- Crackers
- Fig bar
- Rice Cakes
- Beef Jerky
- Lara Bars

## MORE IDEAS:

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