

SCHOOL LUNCH IDEAS

Vegetables: organic when possible

- Peppers
- Carrots
- Cucumbers
- Tomatoes
- Asparagus
- Green beans
- Cauliflower
- Broccoli
- Celery
- Avocado
- Zucchini/yellow squash
- Edamame
- Snap peas
- Butternut squash (counts as starch)
- Peas (counts as starch)
- Potato (counts as starch)
- Sweet potato (counts as starch)
- Corn (counts as starch)
- Salad (try a chef salad for a filling meal!)

Fruit: organic when possible

- Apples
- Bananas
- Cherries
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Watermelon
- Cantaloupe
- Plums
- Nectarines
- Pears
- Grapes
- Clementines
- Oranges
- Fruit salad
- Fruit cups
- Raisins
- Dates
- Figs
- Apple sauce *
- Freeze-dried fruit *
- Fruit leathers *

Bonus *: the apple sauce, especially if in a squeeze package, fruit crisps, and fruit leathers seem like a treat to kids!

Protein:

- Ham
- Turkey
- Salami
- Roast beef
- Meatballs
- Sausage
- Hot dogs
- Chicken strips
- Drumstick
- Beef jerky
- Hardboiled eggs
- Egg muffins
- Deviled eggs
- Tuna salad
- Sardine salad
- Smoked salmon
- Fish sticks
- Cheese (sticks, slices, cubes)
- Kefir
- Cottage
- Yogurt (whole fat-dairy or alternative)
- Cream cheese

Grains:

Sparingly, sprouted, whole wheat (ww), minimally processed, or gluten free (gf)

- Bread
- Pita
- Tortilla wraps
- Gluten free crackers
- Rice cakes
- Rice crackers
- Tortilla chips
- Pretzel thins
- Melba toast
- Cereal (low sugar)
- Granola (low sugar)

Fillings and dips:

- Hummus
- Nut/Seed butter
- Natural Jelly or Jam
- Deli meat
- Ranch dressing
- Mayonnaise
- Cream cheese
- Salsa

Entrees:

(If choosing to make or provide entrée, make sure it includes protein, healthy fats, and minimally processed carbs); add vegetables into entrée or on side, along with fruit

- Macaroni and cheese
- Fried rice
- Pasta and meatballs
- Spaghetti squash or zucchini noodles and meatballs
- Ravioli
- Soup
- Salad
- Baked sweet or regular potato and toppings (on the side)
- Beans and franks
- Yogurt parfaits (whole fat & plain, fruit, honey, and low sugar granola)

Other:

- Pickles
- Olives
- Coconut flakes
- Coconut macaroons
- Muffins (homemade, low sugar)
- Chocolate (preferably dark)
- Homemade bars
- Homemade smoothies

On the weekends, have kids choose for the week what they would like in their lunches—let them select from vegetables, fruit, protein, grains (if you eat grains), and, if applicable, fillings and other.

When kids are involved in the process, they are much more likely to eat the food, even if it is new to them!

Make lunch something to look forward to by giving them handwritten love notes or jokes.