

SCHOOL LUNCH IDEA LIST

FRUIT

apples and sunbutter
strawberries + yog dip
orange slices
banana
kiwi halves
cantaloupe cubes
watermelon cubes
grapes
pears

VEGGIES

carrot sticks
cucumber slices
celery sticks
cherry tomatoes
green pepper slices
ants on a log
veg + hummus
veg + ranch dip
broccoli

PROTEIN

deli meat roll ups
hard boiled eggs
tuna
falafel "balls"
Greek yogurt
roasted chickpeas
cottage cheese
cheese slices
protein energy bites
chicken salad

CARBS

mini bagels
pita bread
crackers
toast
pretzels
freezer waffle
tortilla
dry cereal
cooked pasta
banana bread/muffins

TREATS

bear paws
nutella + pretzel sticks
fruit by the foot
fruit snacks
gold fish crackers
chocolate chips
yogurt covered raisins
applesauce
popcorn

OTHER

pasta salad
ham and cheese pinwheels
stuffed pitas
meat & cheese kabobs
cheese quesadillas
grilled cheese
mini pizzas
banana "sushi"
traditional sandwich