

# School Lunchbox Ideas

## *Starch & Protein - (Pick 1)*

Wowbutter Sandwich		Cheese Soft Taco
Turkey & Cheese Sandwich	Cheese & Crackers & Meat	Chicken Nuggets
Mini Bagel Pizzas	Soup in thermos	Hot Dog & Bun
Bagel and Cheese	Protein Pancakes	Turkey & Cheese Pinwheels
Tortilla & Cheese Roll Up	Grilled Chicken Strips & Pita	Vegetable Sushi
Ham & Cheese Roll Up	Hummus & Pretzels	Greek Yogurt & Granola
Hard Boiled Eggs	Chili & Crackers	Cesar Salad & Croutons
Tuna Sub Sandwiches		Bagel & Cream Cheese

## *Fruits & Vegetables - (Pick 1)*

Cucumbers	Grapes	Bananas
Carrots	Apples	Dried Apricots
Celery	Watermelon	Dried Cranberries
Salad	Blueberries	Dried Apple Chips
Cherry Tomatoes	Raspberries	Dried Banana Chips
Red & Yellow Peppers	Peaches	Raisins
Snap Peas	Mango	Applesauce
Broccoli	Cherries	Squeeze Fruit & Veggie Pouches
Cauliflower	Cantaloupe	Canned Pears
Strawberries	Pineapple	Canned Peaches
	Oranges	Canned Pineapple
	Clementine Mandarin Orange	Mixed Fruit

## *Snacks & Treats – (Pick 1-2)*

Cheese Sticks

Cheese Shapes

Dry Cereal

Granola

Go Gurt Yogurt

Fish Crackers

Pretzels

Baked Chips

Protein Bars

Pudding Popcorn

Veggie Straws

Rice Cakes/Crackers/Chips

Granola Bars Graham Crackers

Trail Mix

Mixed Nuts

Sunflower Seeds

Cookies

Brownie

Rice Krispies Treat

Fruit Snacks

Fruit Roll Up

## *Drinks – (Pick 1)*

Flavored Water

Milk

100% Juice

Lemonade

Water

**\*\*Students should have a total of 4-5 items in their lunch bag.\*\***

