

MOM'S LUNCHBOX OPTIONS

This document provides options for your child's lunchbox, as well as suggested quantities. You may notice some of these foods are included in more than one list, since they incorporate more than one food group.

Feel free to edit and expand based on what's available in your kitchen!

PROTEIN (Kids choose 1)

Cold ham and penne pasta salad with cheese

Homemade Lunchables (ham or turkey with cheese)

"Pizza" Lunchables (pita or tortilla bites, sauce, shredded cheese)

Leftover mac and cheese in Thermos

Ants on a log (celery, peanut butter, raisins)

Tomato-and-cheese kabobs on toothpicks

Burrito or taco wrap (options: cheese, veggies, rice, meat, sour cream, and/or beans)

Deconstructed nachos (tortilla chips w/ options: cheese, tomato, beans, meat, and/or lettuce)

Corndog muffins (cold)

DIY mini sandwich kit (small squares of bread, cheese, meat)

Yogurt smoothie

Yogurt cup

Leftover soup in Thermos

PB&J sandwich

Cheese stick

Cheese slice

Meat-and-cheese sandwich or tortilla wrap (ham or turkey)

BLT sandwich or tortilla wrap

"Apple sandwich" – apple slices with peanut butter

Graham cracker and peanut butter sandwich

Quesadilla (cold)

Homemade trail mix (options: nuts, cereal, pretzels, dried fruit, chocolate chips, etc.)

Leftover tortilla pizza "sandwich" (cold)

Larabar or Clif bar

Leftover pasta in Thermos

Pancake/waffle sandwich with peanut butter (option: add cinnamon)

French toast sandwich with cream cheese and jam

Meat and cheese rollup (ham or turkey)

Nuts (peanuts, cashews, almonds, or mixed)

MOM'S LUNCHBOX OPTIONS – cont'd

VEGGIES (Kids choose 1 or 2)

Ants on a log – celery, peanut butter, raisins
Tomato and cheese kabobs on toothpicks
Baby carrots with dip
Cucumbers with dip
Salad with lettuce, cheese, and dressing
Grape tomatoes
Celery bites with dip

FRUITS (Kids choose 1 or 2)

Mini fruit kabobs on toothpicks
Apple or apple slices
Clementine
Orange slices
Applesauce
Grapes
Cantaloupe
Watermelon
“Apple sandwich” – apple slices with peanut butter
Raspberries
Blueberries
Dried cranberries
Raisins
Strawberries
Pears
Peaches
Banana (whole or half)
Kiwi
Dried mango slices

MOM'S LUNCHBOX OPTIONS – cont'd

GRAINS (Kids choose 1)

Granola bar
Popcorn
Tortilla chips
Wheat crackers
Cornbread/muffin
Pretzels
Oatmeal in Thermos
Muffin (1 full or 3 minis - blueberry, strawberry, banana, banana chocolate chip)
Granola
Cereal
Homemade trail mix (options: nuts, cereal, pretzels, dried fruit, chocolate chips, etc.)
Banana bread
Leftover pancakes or waffles
Pancake/waffle sandwich with cream cheese (option: add cinnamon)
Scone
Healthy cookies
Graham crackers
Cereal bar

DRINK (Kids choose 1)

Bottled water
Horizon milk box (chocolate, strawberry, or vanilla)
Honest Kids juice

SPECIAL TREATS (occasional – Kids choose 1, if Mom says it's okay!)

Fruit strips
Potato chips or cheese puffs
Bunny crackers/grahams
Yogurt-covered raisins
Cookies
Small candy piece