

80 EASY LUNCH IDEAS FOR KIDS

Mix and match for a well-balanced lunch!

Peanut Butter & Jelly Sandwich	Strawberries	Protein Pancakes
Cucumbers	Cheese Stick	Mixed Nuts
Chef Salad	Turkey & Cheese Sandwich	Cauliflower
Grapes	Carrot Sticks	Hummus & Pretzels
Mini Muffins	Apple	Bananas
Celery	Mini Bagel Pizzas	Baked Chips
Egg Muffin	Watermelon	Milk
Dry Cereal	String Cheese	Dried Apricots
Pretzel Chips	Cheese Quesadilla	Chocolate Milk
Kiwifruit	Tortilla & Cheese Roll Up	Squeeze Fruit Pouch
Grape Juice	Sports Drink	Bagel & Cream Cheese
Chicken Nuggets	Dried Banana Chips	Black Olives
Guacamole	Hot Dog	Puffed Cheese Snacks
Turkey & Cheese Pinwheels	Ham & Cheese Roll Up	Chicken Drumstick
Blueberries	Vegetable Sushi	Veggie Chips
Hard Boiled Egg	Greek Yogurt & Granola	Dried Apple Chips
Canned Peaches	Tuna Sub Sandwich	Peanut Butter & Crackers
Low Sugar Drink Pouch	Apple Juice	Trail Mix
Raisins	Cherry Tomatoes	Blackberries
Granola Bar	Flavored Water	Sprouts
Pretzel Chips	Corn Chips	Sunflower Seeds
Cheese, Crackers & Meat	Egg Muffins	Orange Juice
Raspberries	Hot Soup	Graham Crackers
Pickles	Applesauce	Baked Chips
Fruit Cocktail	Fish Cheese Crackers	Salsa
Chili & Crackers	Grilled Chicken Strips & Pita	Mandarin Oranges
Snap Peas	Yogurt-Covered Raisins	Tuna Fish & Crackers