

Easy LunchBox Ideas for Kids

Meats & Proteins

- Chicken or Beef Quesadilla
- Cold sliced chicken (ex. in a salad)
- Deli meat (Turkey, Ham, Salami, Pepperoni)
- Hard-boiled eggs
- Peanut butter or substitute
- Black Beans
- Chick Peas

Carbs

- Mini Muffins
- Graham Crackers
- Whole grain Tortillas
- Whole or Honey Wheat Bread
- Waffles
- Pancakes
- Oatmeal
- Granola
- Whole grain Pasta
- Quinoa
- Rice or Rice Cakes
- Crackers (Ritz/Goldfish/Cheez-its)

Dairy

- Sliced or Cubed Cheese
- Yogurt (Tubes, Drinks, containers)
- Fruit and Yogurt Smoothies (Freeze ahead of time)
- Milk

Fruits & Veggies

- Raspberries
- Blackberries
- Blueberries
- Cherries
- Grapes
- Apples
- Pears
- Peaches
- Plums
- Banana
- Watermelon
- Pineapple
- Kiwi
- Mango
- Honeydew
- Cantaloupe
- Apple Sauce
- Raisins
- Carrots
- Cucumbers
- Celery
- Broccoli
- Cauliflower
- Pickles
- Sliced Peppers
- Salad Mix
- Spinach
- Tomatoes

Treats

- Fruit Snacks
- Mini Cookies
- Rice Krispie Treat
- Popcorn
- Fruit Roll ups
- Pretzels
- Chips
- Trail Mix
- Granola Bars
- Pudding
- Brownie